



SELF-AWARENESS WORKSHEET

Gain insight and build self-awareness by using the columns below to practice writing out what happened in each area. Writing as much detail as possible helps you better understand your reactions. This activity is helpful for any event that you want to explore. We encourage you to explore uplifting experiences as well as challenging ones.

Situation <i>Include historical details that may contribute to being activated in this particular situation</i>	Thoughts <i>List any and all thoughts that come to mind without any judgment, criticism, or analysis</i>	Feelings <i>List any and all emotions and feelings you're experiencing, evaluating the intensity from 1- 10</i>	Physical <i>List all sensations you are experiencing in your body</i>	Behavior(s) <i>Include all you have done, are thinking about doing or aren't doing</i>