



## EMOTIONS CHART – SELF-ASSESSMENT AND EMOTIONAL THEMES

INSTRUCTIONS: Use the chart below to assess your emotional life and core thoughts and beliefs. Reflect on the main themes that govern your life. On a scale from one to 10, rate where you are at with each core theme. Take a moment to sense and feel them in your body before wiring down the number. Then circle the correlating belief that most fits your experience.

1-LESS-----10-MORE

Positive Beliefs	Theme	Negative Beliefs	My Rating
I am connected I feel safe I belong I am in my body	<b><i>Theme of Safety and belonging</i></b>	I feel isolated I don't belong I am not safe	
I am supported Others care about me I can rely on others My needs matter	<b><i>Theme of Dependency</i></b>	No one cares I can't rely on others My needs don't matter I don't have any needs	
I am free to be and act I am a good person I am creative and spontaneous	<b><i>Theme of Independence</i></b>	I can't be weak If I am real, I will be shamed I am used, not loved	
I am truthful and authentic It's safe to be real It's okay to be vulnerable with others	<b><i>Theme of Truth</i></b>	I can't be weak If I am real, I will be shamed I am used, not loved	
I am loved for who I am I am centered and peaceful I am worthy of love and attention I add value	<b><i>Theme of Worth</i></b>	I am not good enough Love has to be earned Something is wrong with me I am to prove my worthiness	



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**Reflection:**

Identify the core themes on this chart. Reflect on how these themes impact your life and your somatic life. How has this shaped your experience in your body?

Notes: \_\_\_\_\_

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