

Emotional Insight & Clarity Tool

Purpose

This tool helps you notice what you are feeling in real time, understand what triggers overwhelm or shutdown, and create space for clarity before you react or withdraw. Its purpose is to reconnect you to yourself so you can make choices from alignment rather than fear, frustration, or pressure.

SECTION 1: What am I feeling right now

Write the emotion or blend of emotions you notice in this moment.

Emotion(s):

What makes me identify it this way

SECTION 2: Where do I feel this in my body

Check the physical cues you notice.

- ☐ Chest
- ☐ Stomach
- ☐ Shoulders
- ☐ Jaw
- ☐ Head
- ☐ Hands
- ☐ Other: _____

How strong is the sensation from 1 to 10: _____ / 10

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SECTION 3: What triggered this feeling

Choose all that apply or write your own.

- ☐ Fear of disappointing myself or others
- ☐ Feeling behind in life
- ☐ Uncertainty about my next step
- ☐ Relationship stress
- ☐ Financial stress
- ☐ Work situation
- ☐ Old memories or familiar patterns
- ☐ Internal pressure or comparison
- ☐ Other: _____

Describe the trigger in your own words

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SECTION 4: What story am I telling myself right now

Examples: “I’m failing”, “I’m too late”, “People will judge me”, “I always mess up”, “I don’t know what I’m doing”.

My internal story:

Is this story true, partially true, or simply familiar

SECTION 5: What value of mine feels threatened or activated

This step helps you connect your emotions to what matters most to you.

My activated value is:

Because:

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SECTION 6: What do I need right now

Check one or write your own.

- ☐ Clarity
- ☐ Reassurance
- ☐ Calm
- ☐ Space
- ☐ Support
- ☐ Direction
- ☐ A next step
- ☐ Another perspective
- ☐ Movement
- ☐ Rest
- ☐ Other: _____

Describe the need in your own words

SECTION 7: What is one action I can take in the next 10 minutes

Choose something small, grounding, and doable.

- ☐ Take a breath
- ☐ Step outside
- ☐ Stretch
- ☐ Drink water
- ☐ Write one sentence
- ☐ Make one decision
- ☐ Name one truth
- ☐ Ask for support
- ☐ Re center using my values
- ☐ Other: _____

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My next action:

SECTION 8: Wisdom Check

These two grounding questions help you regain clarity and reconnect with your deeper self.

1. What do I know is true about me, even right now

2. What would the version of me I am becoming choose next

Disclaimer

This worksheet is a self-reflection tool created to support personal growth within a coaching context. It is not a psychological evaluation, clinical assessment, or therapeutic intervention. All insights you gain come from your own reflections and decisions. Coaching does not replace counseling, mental health care, or medical treatment. If you are experiencing emotional distress or have concerns related to mental health, please seek support from a licensed mental health professional.