

SESSION

3

DEVELOPING EMOTIONAL AWARENESS

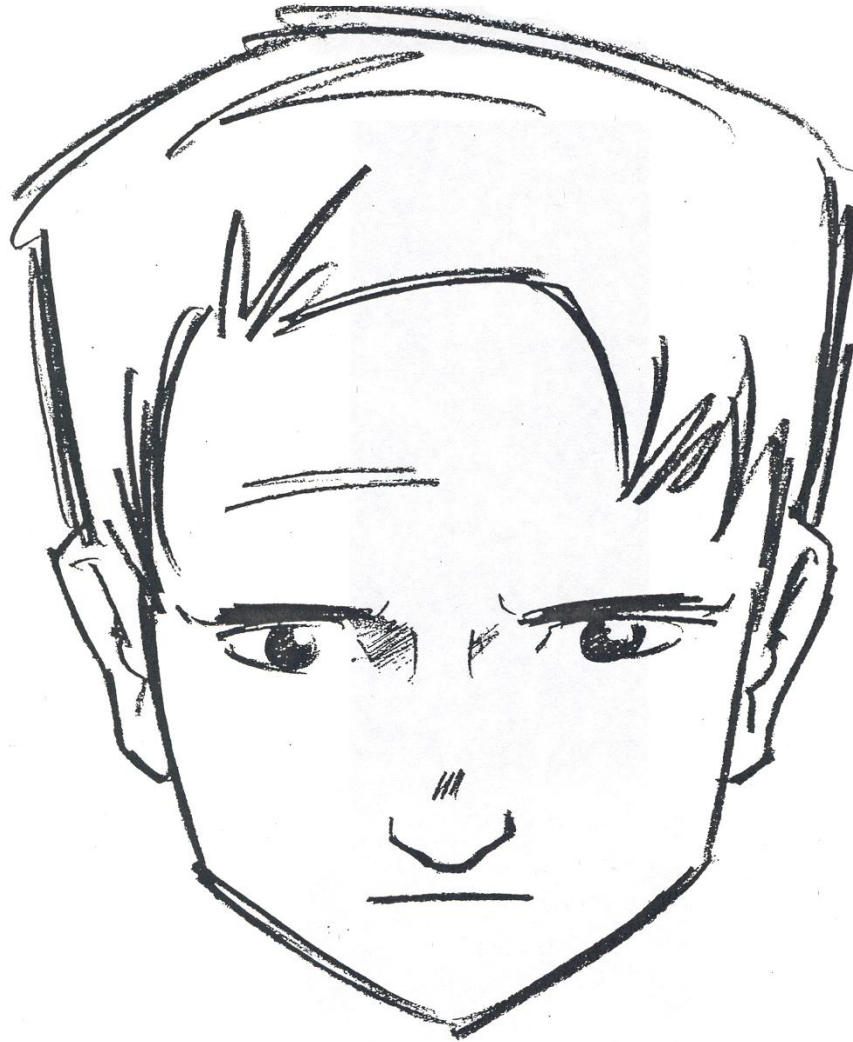
SESSION TOOLS

- Handout 3.1:** Emotional Snapshot Exercise
- Handout 3.2:** Body Messages Worksheet
- Handout 3.3:** Rainbows of Feelings (for use with younger children)
- Handout 3.4:** Spectrums of Feelings (for use with older children/adolescents)
- Handout 3.5:** Monitoring Changes in My Mood/Feelings

Be sure to have markers or crayons available for the in-session exercise, as well as two dice if you choose to do the optional exercise.

HANDOUT 3.1

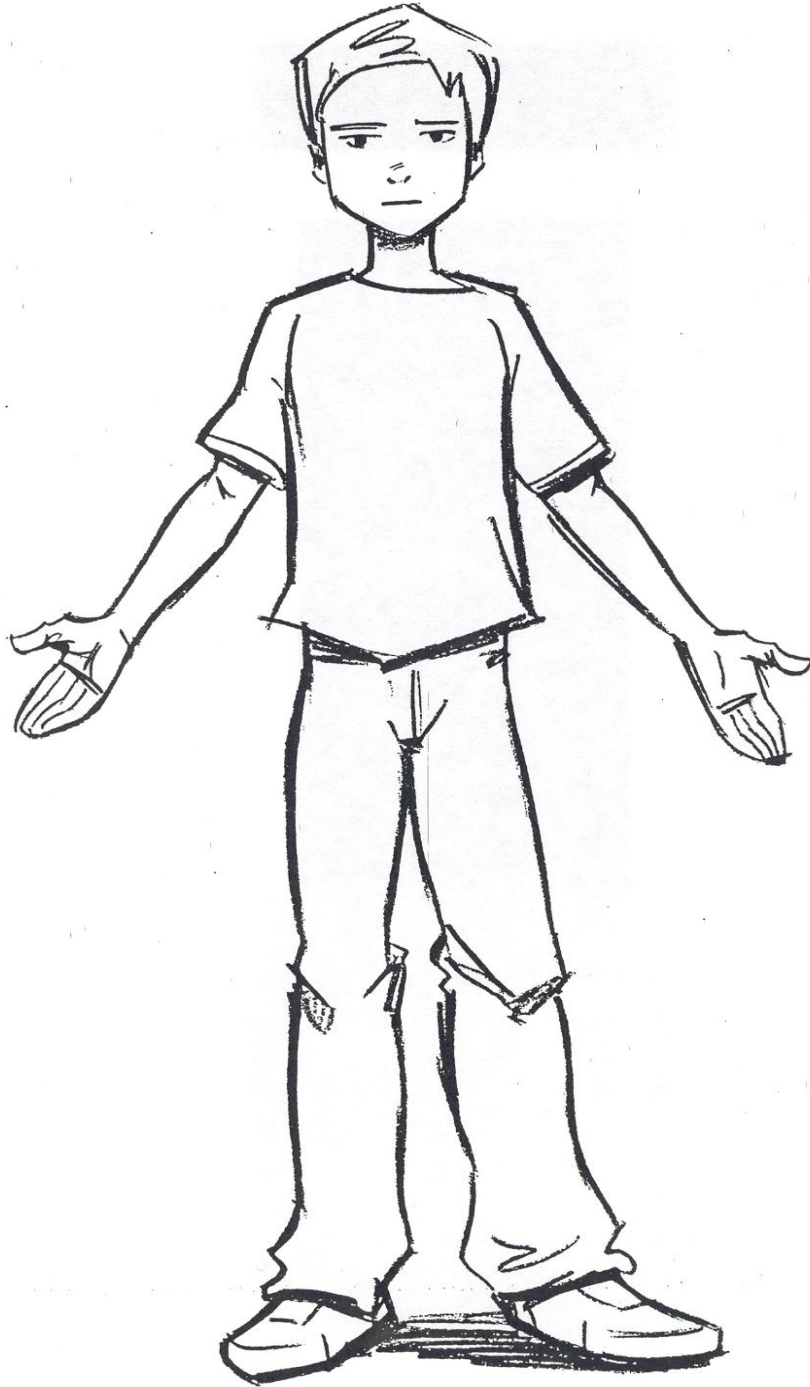
Emotional Snapshot Exercise



Emotion

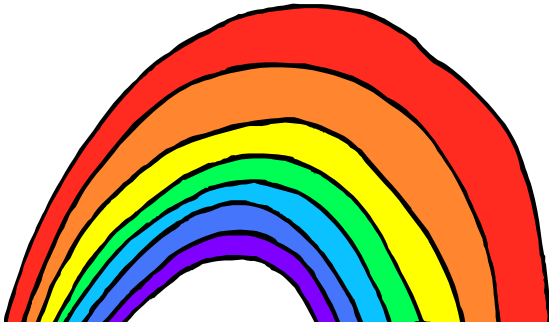
Color

Interpreting Body Messages Worksheet

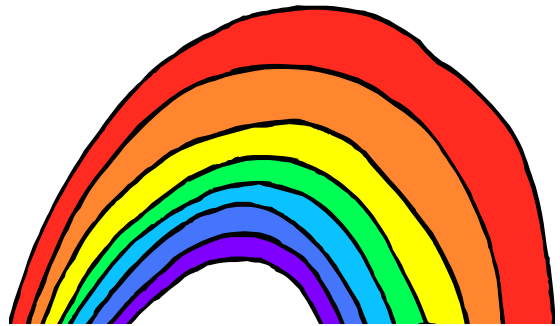


Rainbows of Feelings

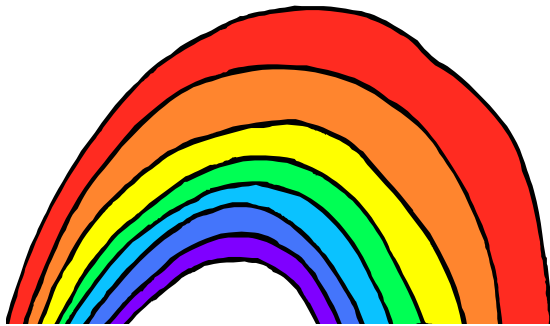
(for use with younger children)



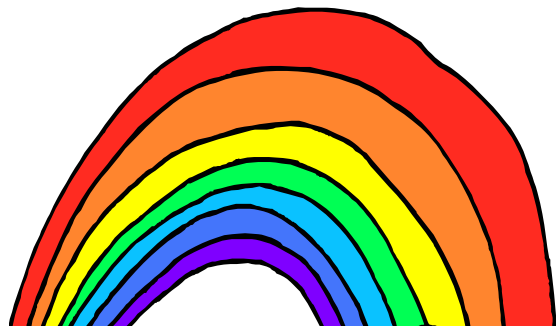
HAPPY



MAD



SAD



**ANXIOUS/
FEARFUL**

HANDOUT 3.4

Spectrums of Feelings

(for use with older children/adolescents)



HAPPY



MAD



SAD



ANXIOUS/FEARFUL

HANDOUT 3.5

Monitoring Changes in My Mood/Feelings

DIRECTIONS

Pick up to three occasions this week in which you notice a downward shift in your mood - that is, situations in which you start to feel worse.

Be especially alert for strong feelings such as sadness, anxiety or fear, guilt, or anger. All of these may be signs that you may be having a reaction related to your trauma or loss experience.

For each occasion, write a brief description of what was happening in the physical situation *OUTSIDE* of you. Then, describe one or two emotions that you felt most strongly. Rate each emotion on a "thermometer" from 0 - 10.

SITUATION 1

What is happening OUTSIDE of you?

What is happening INSIDE of you?

Emotion #1 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10
Emotion #2 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10

SITUATION 2

What is happening OUTSIDE of you?

What is happening INSIDE of you?

Emotion #1 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10
Emotion #2 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10

SITUATION 3

What is happening **OUTSIDE** of you?

What is happening **INSIDE** of you?

Emotion #1 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10
Emotion #2 <i>(What are you feeling?)</i>										
Intensity <i>(How strong is the feeling?)</i>	1	2	3	4	5	6	7	8	9	10