

# MY EMOTIONS JOURNAL

I FEEL GUILTY WHEN...

For better self-knowledge, you need to be aware of the emotions you're experiencing. This journal is a tool that can help you better understand yourself and the emotions you experience during the day.

I FEEL ASHAMED WHEN...

I FEEL ANXIOUS WHEN...



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**Write in your journal as soon as you experience a difficult situation; the aim is to connect more solidly to your emotions and what you feel. We're proposing the following formula but you're free to choose the model that suits you best.**

**In your journal, separate each page into four columns:**

- situation,
- response,
- emotions,
- alternatives.

There is no right or wrong answer. The purpose of this exercise is to become aware of the situations that trigger a certain emotion and to see if there are effective ways to deal with it.

## PROTOCOL

The following exercise is carried out in two stages. The objective is to get you to think about everyday situations and occurrences that make you experience feelings that are difficult to verbalize and manage. Then you can try to find ways to deal with those feelings in effective and healthy ways.

If this activity makes you experience difficult feelings, or if you simply need to talk to a professional about your weight, body image or relationship with food, you can go to [anebquebec.com](http://anebquebec.com) or [maisoneclaircie.qc.ca](http://maisoneclaircie.qc.ca) to get information or speak with someone at ANEB or the Maison l'Éclaircie.

## STEP ONE

First, think about different emotions and write down situations, occurrences or things that provoke each of those emotions.

## STEP TWO

Secondly, find and write alternative solutions.



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**SITUATION**

**RESPONSE**

**EMOTIONS**

**ALTERNATIVES**

