

The background of the image is a watercolor-style wash of colors, primarily in shades of green and blue. The top half features lighter, more ethereal tones of seafoam green and pale blue, while the bottom half transitions into darker, more saturated shades of forest green and teal. The overall effect is soft and artistic, with visible brushstrokes and color blending.

Emotion Journal

How are you?

I noticed a number of years ago how whenever I was asked "how are you", I would always answer with either 'busy' or 'tired'. One day, a friend asked if I was available, and said she expected I would be busy. That shook me awake.

I realized I didn't want to be known as busy or tired. I didn't want people to expect me to be unavailable or exhausted. I didn't want to be unavailable or exhausted. At first, I extended my vocabulary in response to the inquiry, "how are you". Instead of answering, 'busy' or 'tired' - I would answer, 'exhausted' or 'fatigued' or 'frazzled'. This allowed me to get more specific in myself to connect with my ACTUAL feeling - instead of answering unconsciously.

Then I started answering super honestly. No holds barred. If I was anxious, I said I was anxious. If I was frustrated, I said I was frustrated. It fostered interoception {the capacity to look inwards, to perceive my inner world accurately} and offered me the opportunity to externalize my emotional experience, instead of the emotion taking up so much space within me.

There was a fascinating response from people around me, as I began to be truthful to the question of how I was: people stopped asking. When their inquiry was answered with honesty, it was frightening. I understand the reflexive pleasantries of social norms and it is just interesting that our culture is founded on such emotional dissociation.

This is where alignment {aka integrity} comes in. May our words reflect our truest intention. May our inner world reflect our outer and vice versa. May we find, develop and protect the spaces that can hold our honesty with compassion, not fear nor solutions.

So when you hear the empty platitude of "how are you" consider it an invitation to look inwards, to consider how you want to BE and how you want to be known. This is an invitation for radical self-honesty.

Emotions



Our emotions are neutral messengers and it is up to interpret their message. Each emotion serves a purpose and is present for a reason. Our Bodies don't elicit emotional responses for no reason - there is always a purpose they serve, whether conscious or not.



There is no such thing as good or bad emotions - the binary of goodness and badness keep us from integrating the medicine of each emotion.

Emotions can and do coexist with each other, without cancelling each other out. Anger often protects sadness because sadness is vulnerable. We can love and resent our parents at the same time because relationships are complex. Emotions are not logical or linear and they aren't supposed to be. They are informative - and they are.

EMOTION & PURPOSE

<i>Anger</i>	Protect from injustice
<i>Sadness</i>	Grieve loss of love
<i>Jealousy</i>	Repression of desire
<i>Joy</i>	Following our values
<i>Disgust</i>	Aversion avoidance from toxins

At the heart of all emotions is the basic human need for love, acceptance, belonging and meaning. Our denial of our humanity leads to the judgement of our emotions.

Expression

Thanks to Cartesian dualism, emotions are in our collective shadow. Thanks to doctrinal religion, anger is most especially in our collective shadow. Our emotions hold power because they carry messages from our intuition so their power has been censored. Connecting with our emotions is connecting to our most original power.

Ways to Express Anger without Violating Boundaries

- Imagine a room in your mind's eye where there are no consequences (because it is imaginal). Invite anyone who has hurt you and give them retribution - with no consequences. Limit this activity to 15 minutes but let loose!
- Write the story of your anger on a ceramic plate (what is the anger for), & break the plate. Or, write on a paper plate & rip it to shreds.

EMOTION & EXPRESSION

<i>Anger</i>	Break plates, punch pillow, scream into the woods, rip paper, stamp feet, pace
<i>Sadness</i>	Watch sad movies, listen to sad music, have a bath, curl into a ball, cry
<i>Jealousy</i>	Journal about values, connect to desires, take space for yourself, take time in solitude
<i>Joy</i>	Celebrate yourself!!
<i>Disgust</i>	Is the avoidance necessary? What are you protecting yourself from? Is it within you?

Expression

While emotions are neither good nor bad, there are ways we can express emotions that are aligned with our values or not.

The only thing that makes an emotional expression "bad" is if it violates the boundaries of your Self or others. The emotion itself is neutral - it is not good nor bad. The expression of it can determine its quality.

For each emotion, identify ways of expressing that emotion in ways that are aligned with your values & expressions that would violate your boundaries or the boundaries of others.

EMOTION & EXPRESSION

Anger

Sadness

Jealousy

Joy

Disgust

Expression

becoming familiar with the emotion

Emotion

Purpose of Emotion

Body Sensations

Message of Emotion

Expressing within my
Values & Boundaries

How would others
notice what I feel?

5 MINUTE JOURNALING

*Emotion
Journal*

HOW THIS EMOTION SERVES ME

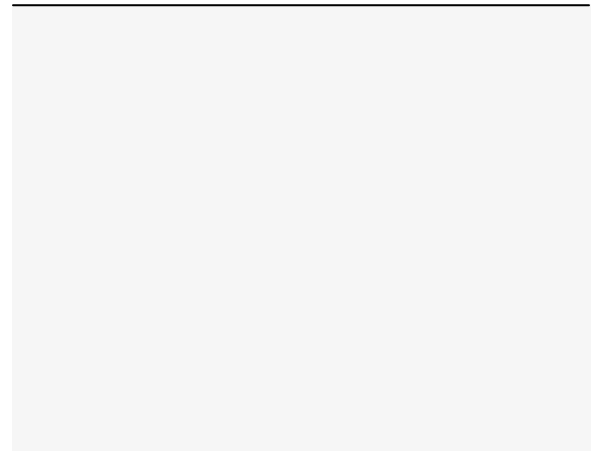
DOES THIS EMOTION MAKE ME
FEEL VULNERABLE?



HOW CAN I PROTECT MY
VULNERABILITY?



AM I LISTENING TO FEAR OR
INTUITION?

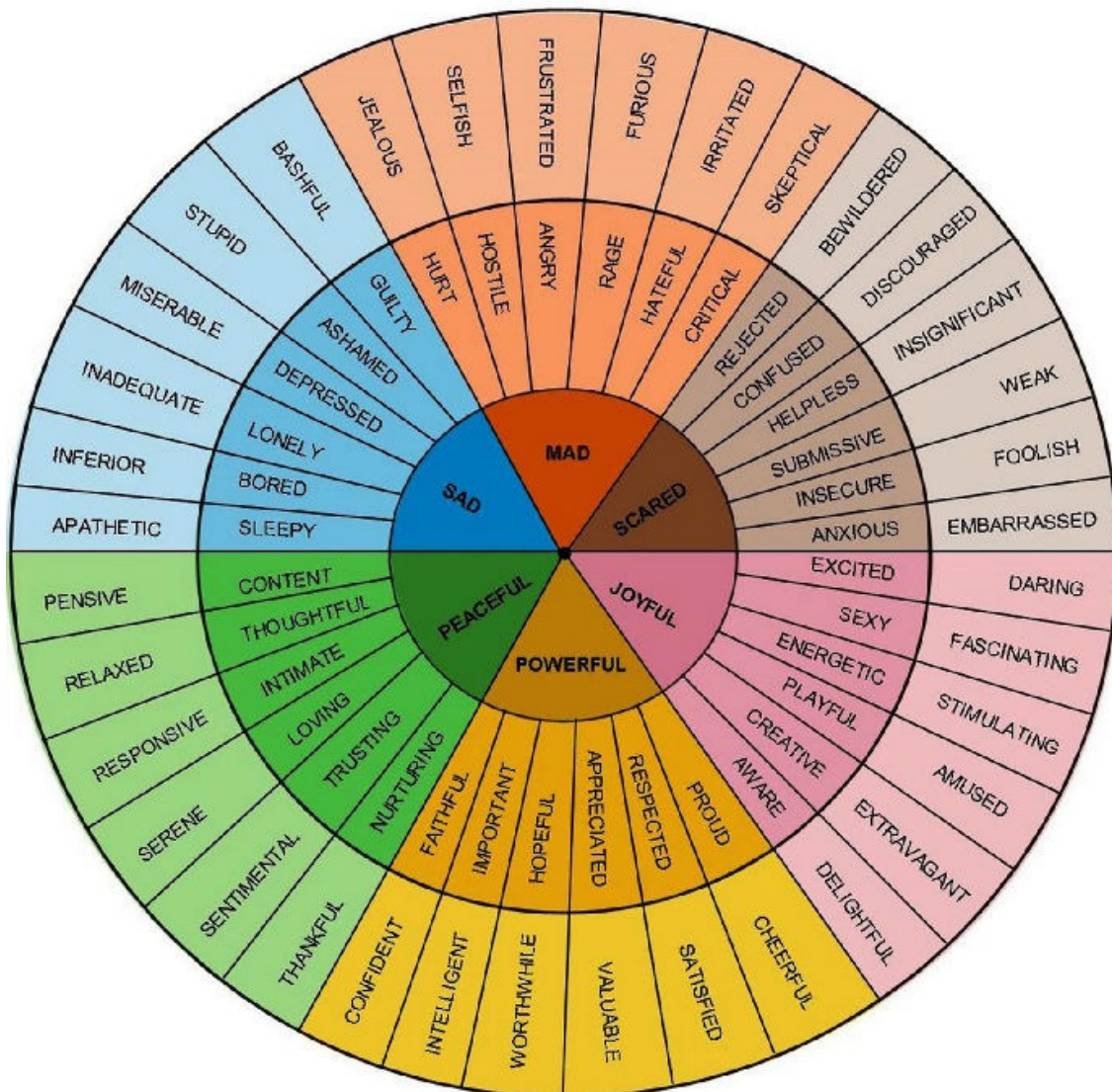


EVIDENCE I CAN TRUST MYSELF

Emotion Wheel

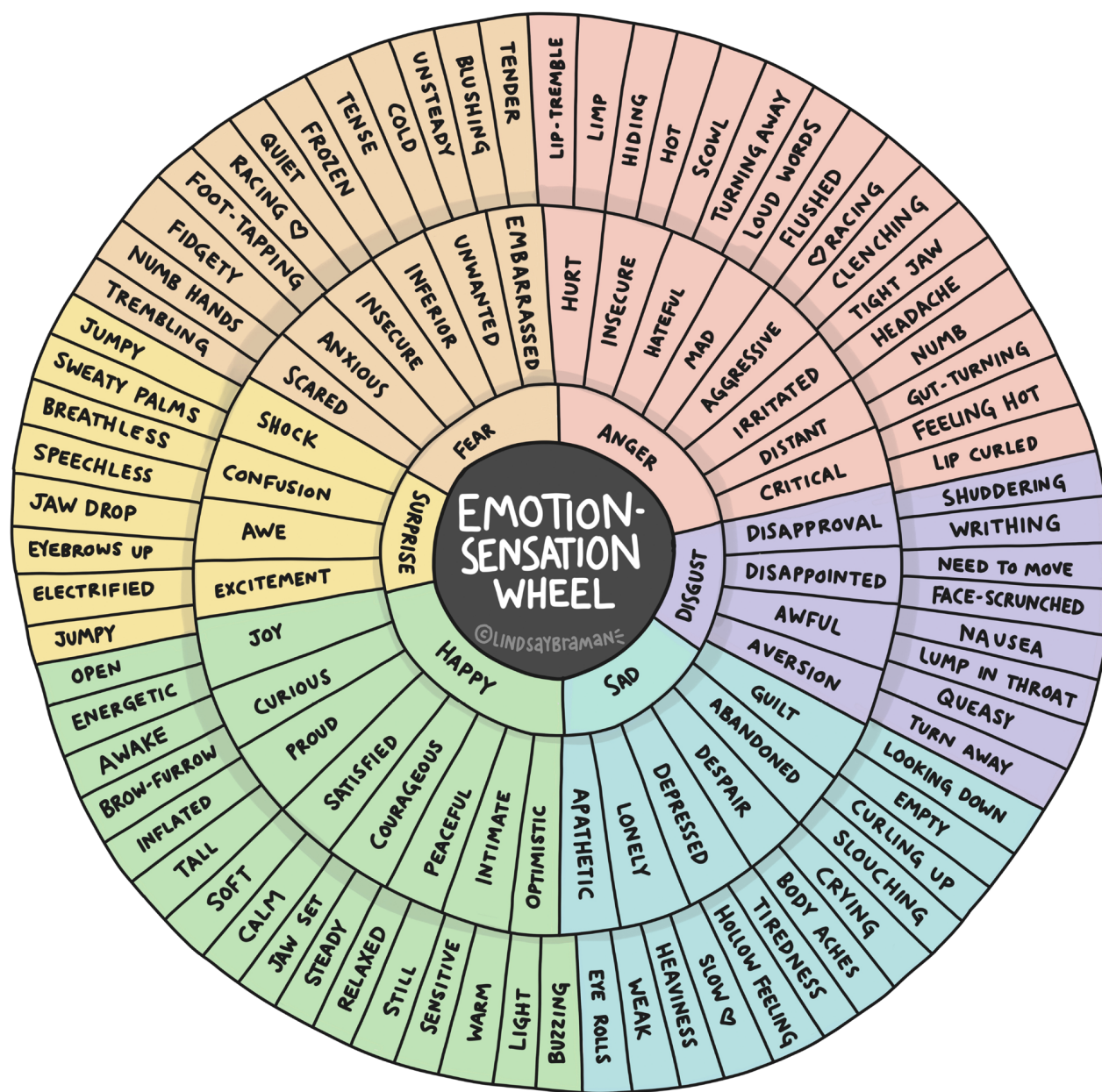
The emotion wheel was developed by Psychologist Robert Plutchik and can be a helpful visual to identify the emotions that arise in our inner world. Being specific with the emotion arising helps us respond to the purpose of the emotion with more accuracy.

If we are disconnected from our emotions, we can miss the whisper of our body. We might miss frustration & annoyance and instead be possessed by rage. Connecting to the nuances of these emotions allows us to meet our body's needs at a whisper.



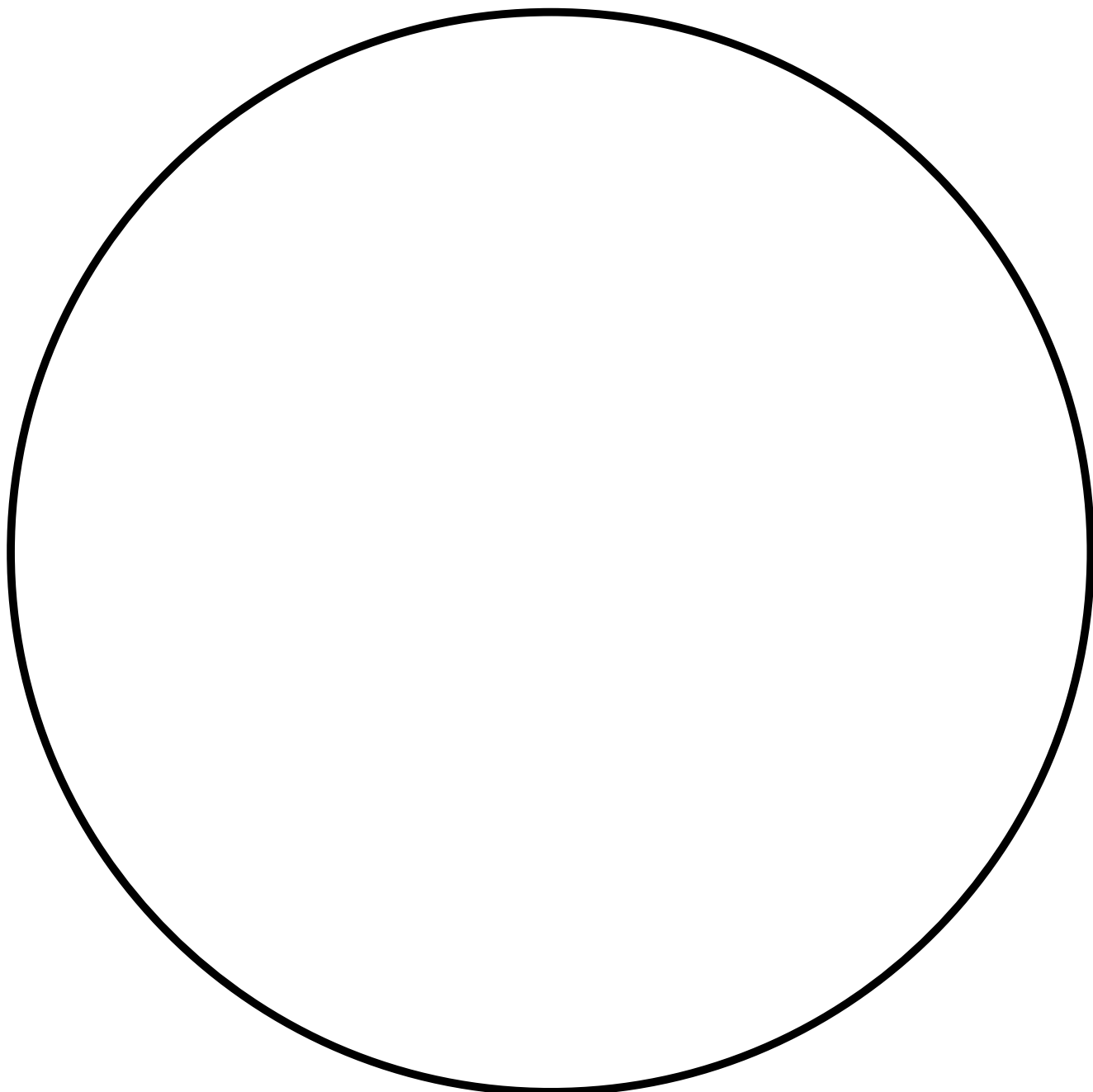
Emotion Wheel

Since emotions live in the body, we can determine the emotion by the sensation. We trust in the cues your body is bringing. If your chest is tight, perhaps it is anxiety. If your fists are balled, perhaps it is anger.



Emotion Wheel

You can design your own emotion wheel, either with words or bodily sensations.



Spoons

We often hold the standard our capacity should be the same everyday (*thanks, capitalism*). But the expectation of sameness is not human. Our cycles, our sleep, our mood, the season, all impact our capacity. Dr. Christine Miserando, a renowned disability researcher, explored this ever changing capacity through the metaphor of spoons. If you only had 12 spoons per day - how would you "spend" them, knowing each task might take different spoons on different days. One day, cooking for yourself might feel like a relieving form of self-love, only taking one spoon. But on a day of overwhelm, this same task might take 6 spoons (*before even getting to work*). Being aware of how many spoons you have per day allows us to have more self-compassion, knowing we aren't made to output but need to gain spoons, too.

The Spoon Theory

DYSAUTONOMIA INTERNATIONAL



The Spoon Theory is a creative way to explain to healthy friends and family what it's like living with a chronic illness. Dysautonomia patients often have limited energy, represented by spoons. Doing too much in one day can leave you short on spoons the next day.

If you only had 12 spoons per day, how would you use them? Take away 1 spoon if you didn't sleep well last night, forgot to take your meds, or skipped a meal. Take away 4 spoons if you have a cold.

 get out of bed	 bathe	 make & eat a meal	 go to work/school
 get dressed	 style hair	 make plans & socialize	 go shopping
 take pills	 surf the internet	 light housework	 go to the doctor
 watch TV	 read/study	 drive somewhere	 exercise

The Spoon Theory was written by Christine Miserando, which you can check out on her website www.butyoudontlooksick.com.

How am I, really?

DATE _____

HOW DID MY DAY START?

HOW AM I FEELING TODAY?



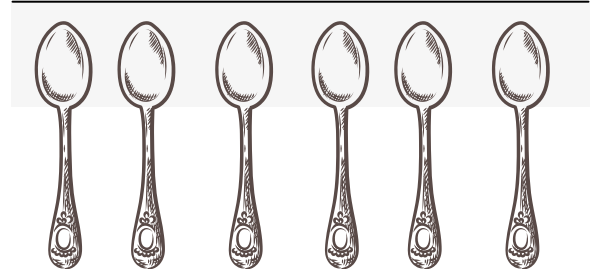
WHAT DOES THIS FEELING FEEL LIKE IN MY BODY?

WHEN HAVE I EXPERIENCED THESE FEELINGS BEFORE?

WHAT IS THE PURPOSE OF THIS FEELING VISITING ME?

HOW CAN I EXPRESS THIS FEELING IN ALIGNMENT WITH MY VALUES?

HOW MANY SPOONS DO I HAVE FOR TODAY?



Tracking

Our emotions can feel overwhelming because we are unfamiliar with them. What we are unfamiliar with become encoded in our brain as unsafe, not because it is necessarily unsafe but because it is unfamiliar. Thanks to Cartesian dualism, having emotions at all can lead to self-judgement. Our emotions are part of our human experience, whether we like it or not.

Tracking our emotions is equivalent to having a guest book where visitors sign their well-wishes & reviews about their stay. Tracking our emotions creates familiarity with our emotions so we can interpret their message sooner, so our emotions can whisper their message instead of yell.

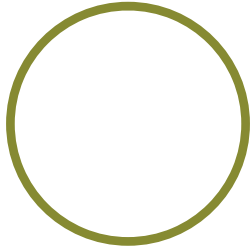
Sometimes it's easiest to record emotions on your device, calendar or notes & sometimes it's easiest to reflect at the end of each day. Experiment with what works best for you. Try setting an alarm on your phone to remind you to connect to how you're feeling.

To figure out how you're feeling, connect to your body sensations. Revisit page 6 to describe the quality of the feeling in detail.

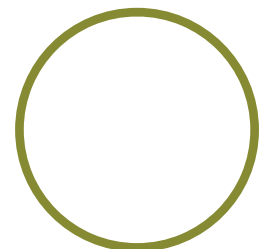
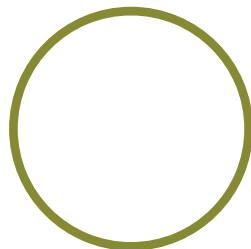
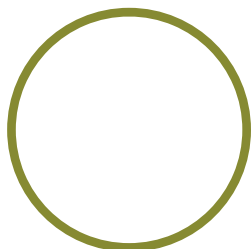
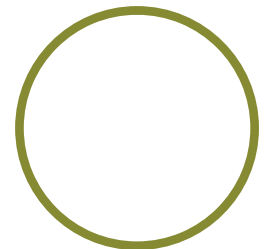
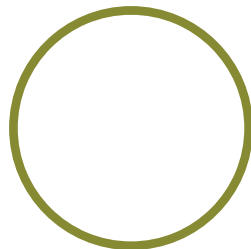
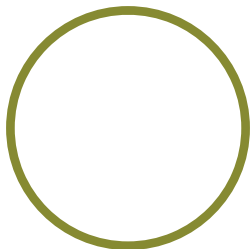
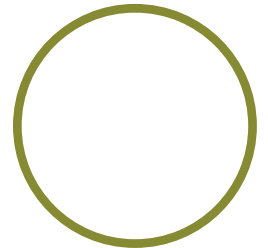
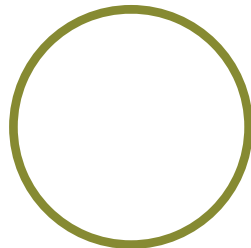
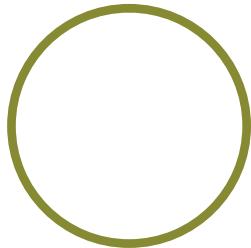
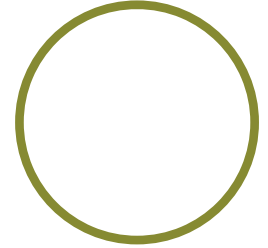
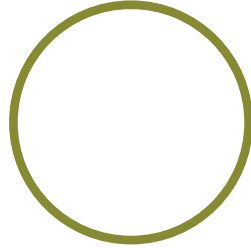
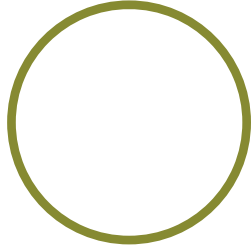
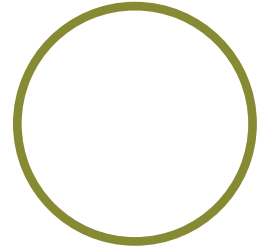
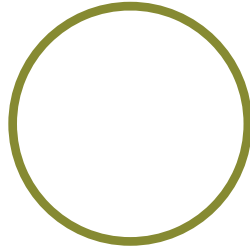
- How does your body communicate your feelings?
- If someone was seeing you, how would they guess how you were feeling?
- If someone was having your day, how would they feel?
- What does your internal dialogue sound like?
- Are there recurring thoughts in your head?
- What memories are arising for you today?

Legend

Colour in these circles to show what emotion is represented by different colours - then colour in the circles of each day of the month to see what emotions are most prevalent and what emotions might be missing for you. Remember you can feel more than one emotion in a day so it's okay to have rainbow days.



EMOTION
COLOUR
BODY
SENSATION



Monthly Tracking

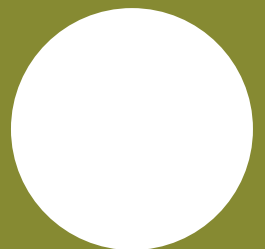
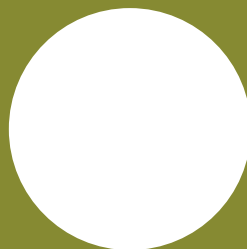
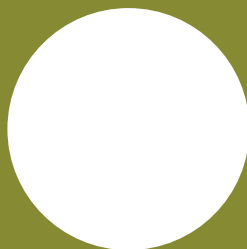
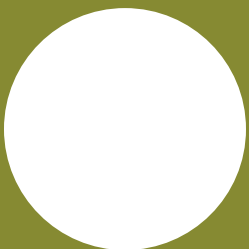
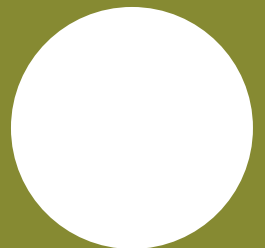
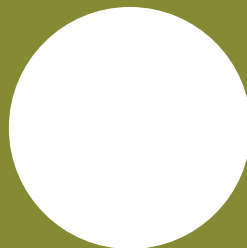
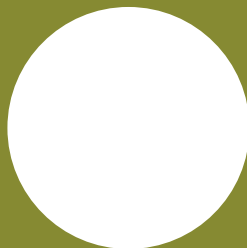
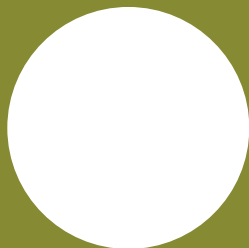
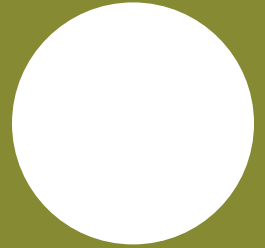
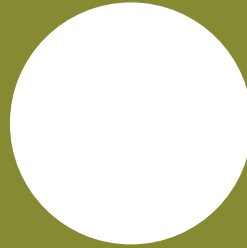
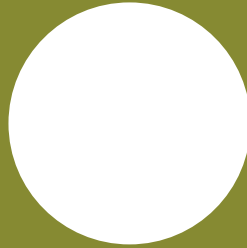
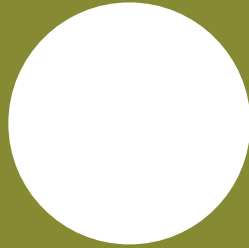
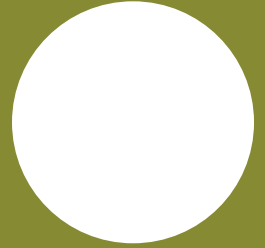
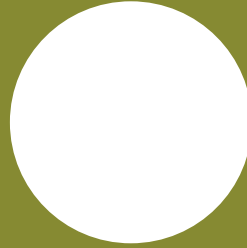
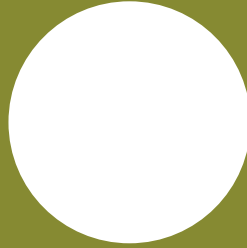
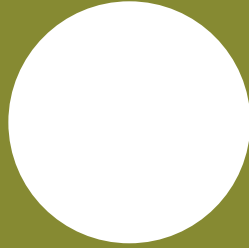
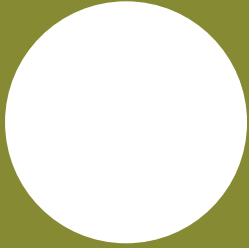
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Notice which emotions you have most frequently and which emotions may be absent for you. How can you connect with the absent emotions? What message are the most frequent emotions bringing to you?

Externalizing

Our emotions can feel elusive and overwhelming when they are taking up space within our Bodies. Bringing the emotion outside of our Body can be helpful to get a better glimpse at the emotion. We can hold the emotion you're feeling like an orb in front of you and inquire of it - instead of it taking up so much space in your Body. When the emotion is simply living within you, it can feel too close to examine. Holding the emotion outside of you gives necessary distance to be able to hear its message.

Dialoguing

Since our emotions are present to deliver a message, if we don't listen to their whisper, they will begin to yell. Dialoguing with our emotions can feel silly at first but fosters crucial skills in interoception {*looking within*}. Dialoguing with our emotions means we have space to simply Listen - that we aren't the only ones talking. In the same way when we talk to a person in front of us, we give them space to share - we have to have space for our emotions to speak, as well. Sometimes that means poising pen to paper waiting for your intuition to respond or simply sitting in silence. Trust in the answers that come naturally to you.

Externalizing

becoming familiar with the emotion

If this emotion were a colour, what colour would it be?

If this emotion had a texture, what would it be?

If this emotion had a sound, what sound would it be?

If this emotion had a temperature, what would it be?

If this emotion had a name, what would it be?

When have I felt this sensation / emotion before?

Externalizing

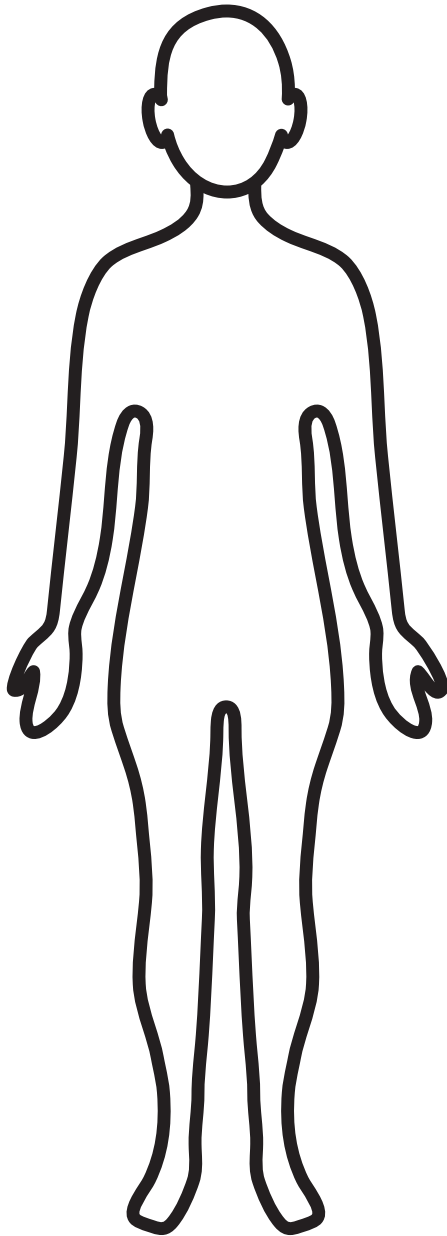
draw the emotion as you see it



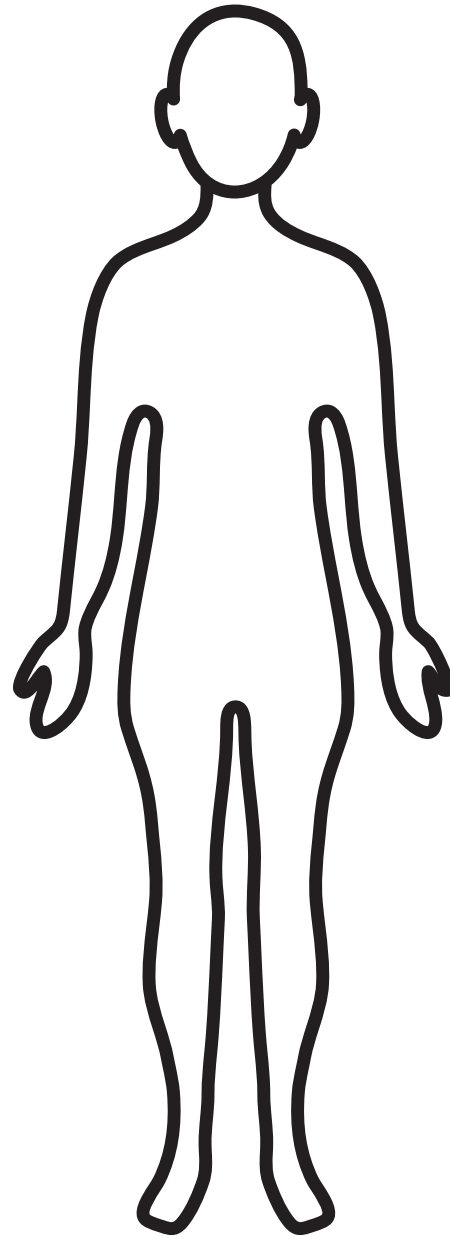
*What does this emotion
have to say to me?*

hold your pen to paper and without censoring
yourself, write whatever comes to mind

Emotion Map



FRONT



BACK

Our emotions reside in our Body so connecting with the physical manifestations of the emotion can be helpful to interpret the message of the emotion.

Identify areas of pain, tension, sensation, stiffness, numbness and everything in between. Notice if it's the left or right side that carries more, your upper or lower body. What do these patterns tell you?

Emotion Check In

DATE _____

WHEN HAVE I FELT THIS EMOTION
BEFORE?

HOW OLD DOES THIS EMOTION
MAKE ME FEEL?

WHOSE VOICE DO I HEAR WHEN I
HOLD THIS EMOTION?

HOW HAVE I EXPRESSED THIS
EMOTION BEFORE?

WHAT PHRASE COMES TO MIND
WITH THIS EMOTION?

WHAT COULD THIS EMOTION BE
PROTECTING ME FROM?

WHAT MEMORIES ARISE WITH
THIS EMOTION?

HOW WOULD SOMEONE ELSE
EXPERIENCE THIS EMOTION?