

Take a moment to answer the following questions. They'll help you get a sense of where you are with your emotions at this moment.

On a scale of 1 to 10, how in touch with your emotions are you? On this scale, let's say that 10 means you understand and process your emotions easily, and 1 means you feel very disconnected from or confused by them:

1 2 3 4 5 6 7 8 9 10

Consider your number for a second and think about why that feels like the right number right now. For example, let's say you picked 3. What's already in place that makes you a 3 and not a 2? And what would need to happen to move you from a 3 to a 4?

What's generally the first thing you do when you feel emotional? Do you let it out? Try to make the feelings go away? Call a friend and talk through it? Something else?

!	How were emotions supported or not supported in the place you grew up?

What's something that confuses you about your feelings? What do you want to understand better?
Of the following common core emotions — Fear, Joy, Sadness, and Anger — which one do you find yourself spending the most time with? Is there one that you try hard to avoid?

think navigates their emotions well? How so? Write in any other thoughts, questions, or goals that come up in the next pages, either now or later:

Is there someone in your life or in the world who you

Just by starting this workbook, you've already shown that you have a desire to understand your emotions better!