



# HOW TO RECOGNIZE YOUR EMOTIONAL DISTURBANCES

**Many of us have a hard time identifying emotional disturbances because of our conditioning:**

- We believe our feelings don't matter
- We fear expressing our emotions
- We feel guilty if our emotions are inconvenient
- We were, at some point, discouraged from feeling or expressing our emotions

**Emotions = Verb (We must process them!)  
Emotions ≠ Noun**

Emotions are a string of sensations that occur in a pattern

**How to process your emotions & change your behavior with emotional identification:**

- Notice that you're experiencing an emotional state
- Identify what is
- What physical reaction might you expect from this emotional **state (the psychological feelings that you experience)?**
- What is your psychological interpretation or the label you are putting on the **state**?
- Influence your emotional **state** -> Create a new **state**

**Our emotions affect our behavior, but they don't cause it.**

Ex. When we are angry, we are more likely to be aggressive, our cognitive thought process allows us to make that decision.

# EMOTION IDENTIFICATION CHART

This chart will help you get a general idea of the signs and symptoms of each emotion to make them easier to identify; specifically, easier to identify early. Keep in mind everyone experiences each emotion somewhat differently and you may not experience all of the characteristics.

Label	Emotion	State	Behavior
<b>Happiness</b>	Positive feelings, pleasure, contentment, delight, joy, optimism, and gratitude. Affirmative, positive thoughts and mental clarity.	Tall and open posture, wide-eyed, smiling, relaxed muscles	Pleasant voice, friendly, helpful, and encouraging.
<b>Unhealthy Anxiety</b>	Unpleasant feelings of distress, uneasiness, stress, apprehension, and nervousness. Racing mind, scattered thoughts, thoughts of uncertainty and worry, difficulty concentrating and remembering.	Restlessness, muscle tension, sweating, clammy hands, swallowing, quickened breath, darting eyes, butterflies or tension in the stomach, nausea.	Pacing, biting lip or nails, fidgeting. Irritability, hyper-vigilance. Shutting down or withdrawing.
<b>Healthy Anxiety (Concern)</b>	Same emotion, but less intense.	Same physical state, but less intense.	Instead of shutting down or withdrawing, you will take action and seek a solution.
<b>Unhealthy Anger</b>	Intense, uncomfortable feelings of hostility and hurt. Thoughts of blame and resentment. Difficulty thinking clearly or rationally. Feeling out of control.	Muscle tension, headache, tight chest, increased heart rate, increased blood pressure, heavy breathing, clenched fists and jaw,, furrowed brow, sweating, skin redness.	Loud voice, yelling, cursing, sarcasm, pacing. Sometimes leads to aggression, including physical or verbal violence.

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Label	Emotion	State	Behavior
<b>Healthy Anger</b>	Same emotion, but less intense. Feeling more in control.	Same physical state, but less intense.	Behavior will be more controlled and expressive, rather than aggressive. Language will be direct rather than accusatory.
<b>Unhealthy Depression</b>	Feelings of intense pain and sorrow, guilt, unworthiness, disappointment, helplessness, gloominess, loss, grief, numbness, meaninglessness, loss of interest. Feeling mentally stuck or cloudy, difficulty concentrating and remembering.	Slumped posture and hunched shoulders, long face, slow movements, pouting, body aches, crying, shaking, crossed arms, fatigue, upset stomach, monotone voice, loss of appetite.	Curling up into a ball, laying around, withdrawing, irritability, bored. Disengaging from everyday life or enjoyable activities..
<b>Healthy Sadness</b>	Same emotions, but without sense of hopelessness.	Same physical state, but less intense.	May have moments of low energy or irritability but will still engage in life and enjoyable activities.
<b>Unhealthy Fear</b>	Intense feeling of dread, impending doom, or panic due to a perceived danger or threat. Paranoid or worst-case thinking and hyper-focused on the object of the fear.	Increased heart rate, increased blood pressure, alert eyes, high eyebrows, clammy skin, sweating, quickened breath, goose bumps, butterflies in the stomach, shaky voice.	Flight or freeze.
<b>Healthy Fear</b>	Cautiousness due to perceived danger or threat.	Same physical state, but less intense.	Will be able to stay cautious and alert, but still take action rather than running away or doing nothing.

# EMOTION IDENTIFICATION JOURNAL PROMPTS

Next time you catch yourself experiencing an emotion that is distinct, ask yourself the following questions. Practice this line of questioning often, especially when experiencing unpleasant emotions.

**How do I feel?**

**How do I know?**

**What do I feel? Sensations?**

**Where do I feel it? Locations?**

**Where in my body did it begin? Move to?**

**How do I recognize when OTHERS experience this emotion?**

**Do I notice any of these signs in myself?**

**What do I observe in my body language, vocal tone,  
thoughts, behaviors?**

STILL FEELING STUCK?  
NEED SOMEONE TO HOLD YOU  
ACCOUNTABLE?  
READY TO UPLEVEL?

**Check out my mindset coaching program,  
A Sattvic State, and take away:**

- The tools and techniques that will create powerful transformation in you and your life.
- A significant shift in perception of the world and of yourself.
- The ability to effortlessly identify the patterns that hold you back from achieving the success you desire and replace them with ones that serve your highest goals.
- You'll shape your destiny and take responsibility for making what you want a reality.
- You'll learn the skills for achieving success in every area of your life.