

Mindfulness of Current Emotions

EMOTION NAME: _____

INTENSITY (0-100): Before: _____ After: _____

Describe the situation that prompts emotion


When emotional intensity is extreme, first utilize
CRISIS SURVIVAL SKILLS

With any emotion, high or low, practice radical acceptance with
MINDFULNESS OF CURRENT EMOTIONS.



Check off any of the following that you did:

- Stepped back and just noticed the emotions I was experiencing
- Got myself to avoid acting on my emotion
- Experienced the emotion as waves, coming and going on the beach.
- Reminded myself of times when I have felt different.
- Let go of Judgments about my emotions
- Practiced radically accepting my emotion.
- Noticed where in my body I was feeling the emotional sensations.
- Tried to love my emotions
- Paid attention to the physical sensations of the emotions as much as I could.
- Observed how long it took the emotion to go away.
- Reminded myself that being critical of emotions does not work.
- Practiced willingness to have unwelcome emotions.
- Imagined my emotions as clouds in the sky, coming and going.
- Just noticed the action urge that went with my emotion.
- Other: _____



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Comments and descriptions of experiences: