

# Behavioral Activation Toolkit

## Worksheet 3: Understanding and Processing Feelings

### Step 1: Identify Your Feelings

Take a moment to check in with yourself. What emotions are you feeling right now? Circle all that apply:

- Happy
- Sad
- Anxious
- Angry
- Overwhelmed
- Calm
- Other: \_\_\_\_\_

### Step 2: Explore Physical Sensations

Where do you feel these emotions in your body? (e.g., tight chest, heavy shoulders):

- \_\_\_\_\_

### Step 3: Express Your Feelings

Write a few sentences describing your emotions and their intensity:

- \_\_\_\_\_

### Step 4: Healthy Coping Strategies

Choose one way to process your emotions healthily:

- Talk to a friend or counselor.
- Write in a journal.
- Practice deep breathing or mindfulness.
- Other: \_\_\_\_\_

### Step 5: Gratitude Practice

To end on a positive note, write down three things you're grateful for today:

1. \_\_\_\_\_

2. \_\_\_\_\_
  3. \_\_\_\_\_
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### **Final Note**

Remember, these worksheets are tools to help you understand and manage your feelings, thoughts, and behaviors. Progress takes time, and small steps lead to big changes. Be patient and kind to yourself!

