

Name:

Date:

EMOTION REFLECTION

A Mindfulness Worksheet

What are you feeling right now? What situation or event caused this feeling?
Where do you notice this feeling in your body?

ACCEPT Allow the emotion to exist without pushing it away.
Write a short sentence that shows acceptance of your feeling.

EXPLORE Look deeper into the emotion. What thoughts are connected to this feeling? What might be the reason behind it?

CARE How can you take care of yourself right now? What small action can help you feel calmer or safer?

REFLECT
What can you learn from this experience?