

HOW TO USE THE JOURNAL

Please note that this journal does not serve as a substitute for professional help in case you are suffering from any mental health issues.

The journal can be used in general to improve your emotional intelligence. If success is what you are concerned about, according to a famous psychologist Daniel Goleman, EQ contributes 80 percent to success while IQ contributes only 20 percent. But our hope is that by the time you are further into this journal, you will genuinely care about your emotions and listen to them, and not just be concerned about success. And the good news is that EQ can be increased.

The journal provides reflective questions and activities to help you master all the five components of emotional intelligence - Recognizing Emotions in Self and Others, Understanding Emotions, Labeling Emotions, Expressing Emotions, and Regulating Emotions. To truly benefit from this journal, it is important to complete it in the given order rather than randomly. The journal has been thoughtfully designed in a specific sequence, and following that order will ensure the best experience.



We think that until now in your life, you would have learnt a lot about many different things, experienced a lot, but no one ever taught you specifically the science and art of emotions, even though almost everything in your life is affected by emotions. No matter what you do, you are always feeling. Unlike what most of us believe, homo sapiens is not a rational species, but an emotional one. We believe that through the normal course of life, we would learn to understand and manage emotions well without any training. However, as many of you will agree, that is definitely not the case. But worry not, you have already taken the first step to learning about your emotions. Congratulations!



ACKNOWLEDGEMENT

We would like to express my sincere gratitude to Prof. Richa Goenka and Ms. Aparna Patel for their invaluable guidance and support in developing this emotional intelligence journal.

Prof. Richa Goenka, has been an inspiring mentor throughout this process. She is an Assistant Professor of Psychology at Rishihood University and has been counselling people of all age groups for 4 years now. Her mission is to build an emotionally intelligent world

Ms. Aparna Patel, Associate Manager at RishiEd, brought a wealth of knowledge from her background in clinical psychology, having completed her master's from Teachers College, Columbia University. Her experience working with prominent mentors in spirituality and mind-body healing has contributed unique perspectives that enhanced the journal's depth and creativity.

We are deeply thankful for their unwavering support, encouragement, and insightful contributions. Their mentorship has been essential to the creation of this journal, and I truly appreciate their dedication and belief in this project.



KNOW YOUR PYSCH PEEPS

AYUSHKA SINGH

A 3rd-year Psychology student driven by a strong curiosity about human behaviour and cognitive processes. Innovative thinking and reflective nature. Approaches her studies with both creativity and depth. Eager to bridge theory and practice, seeking ways to apply psychological insights to enhance understanding and growth in real-life situations.

AMIRTHA VALLI

A 3rd-year Psychology student with a strong curiosity about the intricacies of the human mind. Dedicated to exploring various psychological theories and perspectives, always looking to deepen the understanding. Driven by a desire to contribute to the field of psychology in meaningful and impactful ways.

SHRISTI RAWAT

A 3rd-year Psychology student, has a keen interest in mental health and cognitive processes. The academic focus is on understanding how psychological principles can be applied to improve well-being. Thoughtful approach to learning and her enthusiasm for exploring new ideas in psychology.



INDEX

1. Recognising Emotions	11-26
- Activity: Emotion Explorer	
- Worksheet: Daily Emotion Check-In	
- Activity: Emotion Scavenger Hunt	
- Worksheet: Emotional Encounters Log	
- Activity: Emotional Timeline	
- Worksheet: Transition Mood Tracker	
- Activity: Emotions Body Map	
- Worksheet: Emotional Character	
- Activity: Control Compass	
- Worksheet: Emotional Surprise	
- Worksheet: Emotional Awareness Comparison	
2.Understanding Emotions	27-40
- Activity: Trigger Tree	
- Worksheet: What If Scenarios	
- Activity: Note to Self	
- Worksheet: Emotional Mental Models	
- Activity: Word Search	
- Worksheet: Healthy Boundaries	
- Activity: Emotional Mapping	
- Worksheet: Cognitive Conceptualization Diagram	



INDEX

- | | |
|---|-------|
| 3.Labeling Emotions | 41-58 |
| - Worksheet: Anchor Of Affection | |
| - Activity: Finding Feelings | |
| - Worksheet: Unmasking the True Self | |
| - Activity: Illustrating Feelings | |
| - Worksheet: Motivation Mapping | |
| - Activity: Dream Day Blueprint | |
| - Worksheet: Symbol of Self | |
| - Activity: Emotional Climate | |
| - Worksheet: Joy and Calmness Inventory | |
| - Activity: Stick Figure Check-in | |
| - Worksheet: Unleashing Thoughts | |
| 4.Expressing Emotions | 59-81 |
| - Activity 1: Gratitude Mapping | |
| - Worksheet: Write a Letter | |
| - Activity 2: Embodied Brush strokes | |
| - Worksheet: Reflection On Routine and Inner Experience | |
| - Activity 3: Doodle your Day | |
| - Worksheet: How do you show up in your relationships | |
| - Activity: Coping Responses | |
| - Activity: Unmasking Emotions | |
| - Worksheet: Unspoken Rules and Emotional Messages | |
| - Activity: Emotional Filter | |



INDEX

5.Regulating Emotions	82-112
- Activity: Check Your Self Esteem	
- Worksheet: Bingo	
- Activity: Ground Exercise	
- Worksheet: Emotional Toolbox	
- Worksheet: Critic Analysis	
- Activity: Anger Scribble	
- Worksheet: Exploring the Emotions Beneath Anger	
- Activity: The Anger Iceberg	
- Activity: My Feelings, My Needs	
- Worksheet: Expressing My Heart	
- Activity: TIPP	
- Activity: Fingertips of Gratitude	
- Activity: Tear Me Activity:	
- Activity: Unspoken Letters	

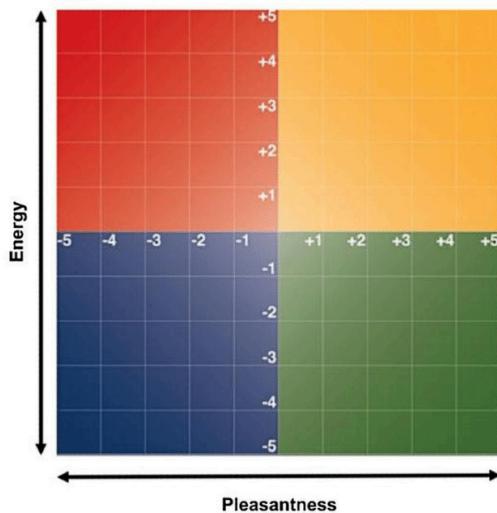


MOOD METER

Instructions : Close your eyes and check in with your body.

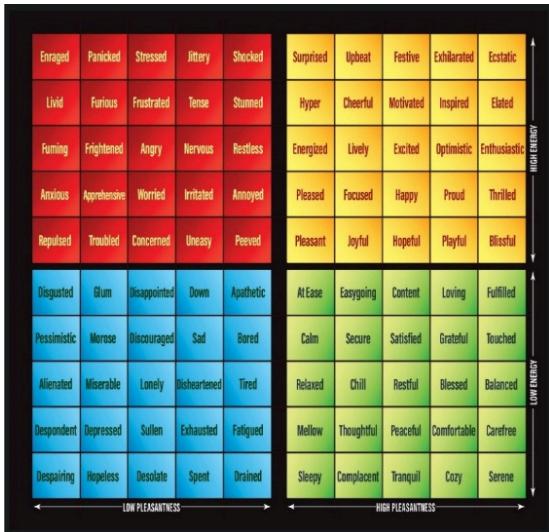
Now rate your energy levels on a scale of -5 to +5.

Now turn your attention to your mood and rate its pleasantness on a scale of -5 to +5. On the basis of your ratings, place yourself in a particular zone inside the mood meter. There are 4 zones - Red, Yellow, Blue and Green.



Once you have identified your zone in the mood meter, try to pick a particular feeling label from the boxes below.





WHAT ZONE AM I IN?



USE TOOLS TO GET IN THE GREEN ZONE



DRINK WATER



WRITE



COUNT TO 10



TAKE A DEEP BREATHS



TALK TO AN ADULT



DO STRETCHES



DRAW



SELF TALK



TAKE A BREAK



LISTEN TO MUSIC



DO WALL PUSH UPS



TAKE A WALK



LIFT SOMETHING HEAVY



EAT A SNACK



USE FIDGETS



THINK CALM PLACE



VOICING BREATHE



VOICING BREATHE



DID YOU KNOW?

PRACTICING EMOTIONAL REST



EMOTIONAL

Emotional rest is important to reducing stress, overwhelm, and anxiety. Emotional rest gives us time to recognize and express our feelings.

EXAMPLES OF EMOTIONAL REST:

- Practicing Emotional Acceptance
- Engaging in Self-Reflection
- Honouring Emotions
- Meeting Emotional Needs
- Practicing Self-Compassion
- Practicing Self-Love
- Journaling
- Improving Self-Talk
- Taking a Break from Judgement
- Taking Breaks in Emotional Conversations

BENEFITS OF EMOTIONAL REST:

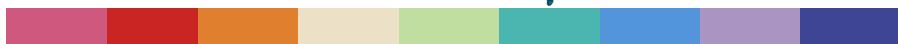
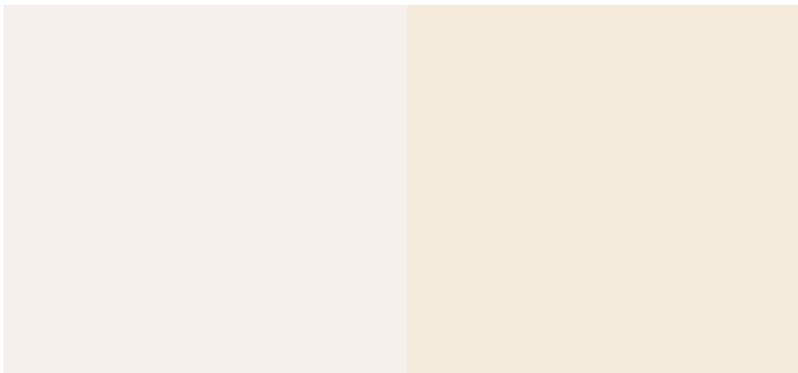
- Greater Emotional Regulation
- Improves Coping Skills
- Reduces 'Emotional Overwhelm'
- Reduces Stress
- Enhances Self Awareness
- Encourages Self-Reflection



EMOTIONAL REST TIME

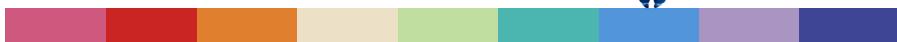
THINGS I ALREADY DO

THINGS I COULD DO BETTER



RECOGNISING EMOTIONS

This section focuses on managing and navigating emotions constructively. It helps you learn strategies to modulate your emotional responses, enhancing emotional balance and resilience. Through various activities and reflection, you'll develop skills to effectively regulate emotions.



ACTIVITY 1

EMOTION EXPLORER:

DISCOVERING YOUR FEELINGS

To recognize your emotions better, fill in the blanks with how you feel.

- I usually feel

.....
.....
.....
.....
.....

- I rarely feel

.....
.....
.....
.....
.....



Worksheet 1

DAILY EMOTION CHECK IN

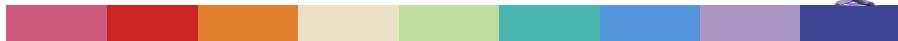
- Date:

- How am I feeling right now?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

- What physical sensations am I experiencing?

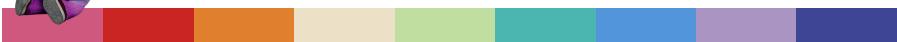
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....



Worksheet 1

DAILY EMOTION CHECK IN

- What thoughts are accompanying these feelings?



ACTIVITY 2

EMOTION SCAVENGER HUNT

- List some emotions you observed in others today
- Describe the situation and what cues helped you recognize each emotion

Emotion 1:

- Observed Emotion:

- Person (relationship, not name):

- Situation:

- Cues that helped you recognize this emotion:

1. Facial Expression:

2. Body Language:

3. Tone of Voice:

4. Verbal Content:

5. Context:



ACTIVITY 2

EMOTION SCAVENGER HUNT

Emotion 2:

- Observed Emotion:

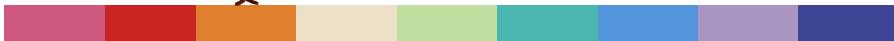
- Person (relationship, not name):

- Situation:

- Cues that helped you recognize this emotion:

1. Facial Expression:

2. Body Language:



WORKSHEET 2

EMOTIONAL ENCOUNTERS

LOG

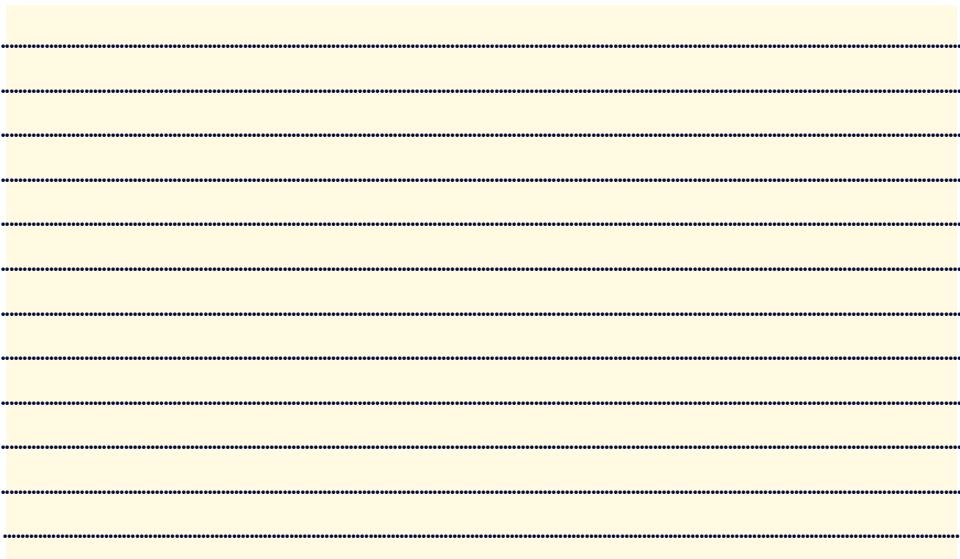
- Write down five places or situations you encountered today. For each, identify the emotions you felt. It could be as simple as "waiting in line at the café" or "talking to a friend." What emotions were present?



ACTIVITY 3

EMOTION TIMELINE

- Objective: Track emotions over a life event.
- Think of a major life event (like starting a new job, moving, or a significant relationship). Create a timeline through painting that shows how your emotions changed before, during, and after the event. Note any turning points where you recognized a shift in your feelings. You can use the thread, paint that is given or anything that you feel like using.

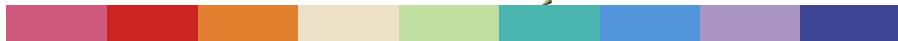
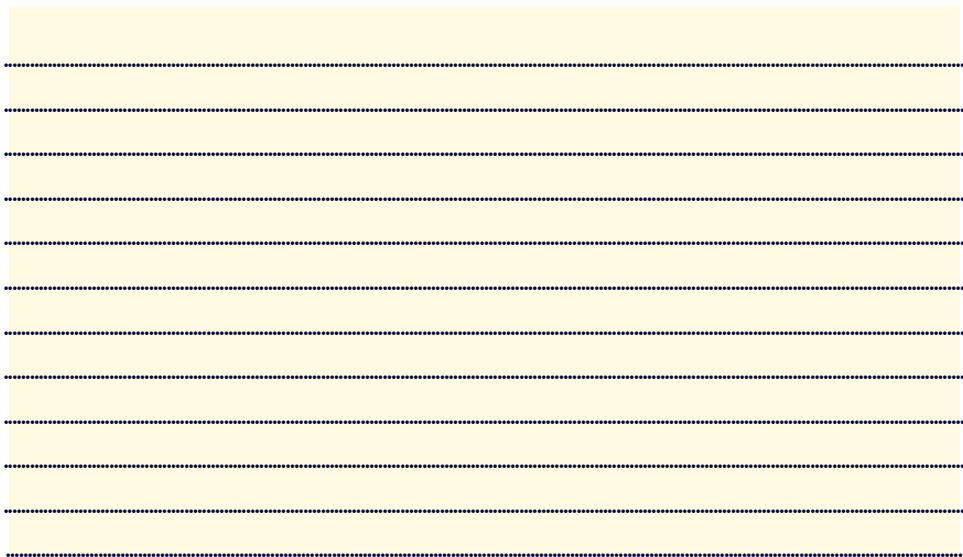


WORKSHEET 3

TRANSITION MOOD TRACKER

What emotions do you feel during transitions, like waking up, arriving at work/school, or going to bed? Why do these moments affect your emotions?

- Think about the different moods you experience during these transitions and how your energy level or mindset shifts.



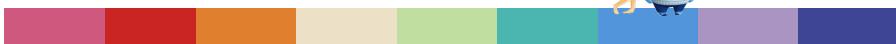
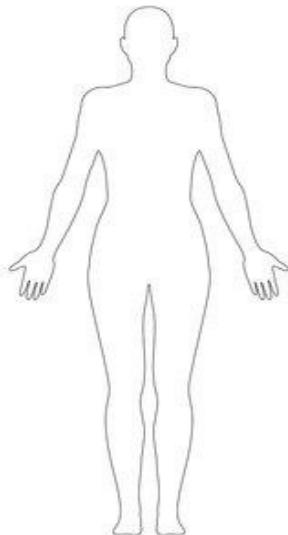
ACTIVITY 4

EMOTION BODY MAP

Understanding where emotions are felt physically in the body

Instructions:

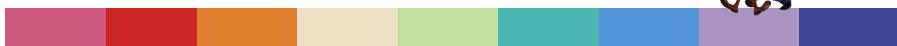
- **Shade different areas of the body** where they feel certain emotions using the given colour scheme. You can also customize your own colour scheme according to the intensity of the feeling.



WORKSHEET 4

EMOTIONAL CHARACTER

- **Objective:** Personify an emotion.
 - Choose one emotion you feel often and write about it as if it were a character. What would its personality be like? How does it talk, move, or interact with you? Does it show up unexpectedly or hang around for long periods?



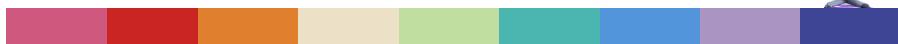
ACTIVITY 5

CONTROL COMPASS ACTIVITY

THINGS I CANNOT CONTROL



THINGS I CAN CONTROL

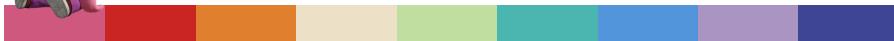


WORKSHEET 5

EMOTIONAL SURPRISES!

Can you think of a time when an unexpected emotion surfaced in response to a situation in the past month? How did you recognize it, and what impact did it have on your experience?

- Reflect on how surprises in emotional responses can sometimes reveal deeper layers.



WORKSHEET 6

EMOTIONAL AWARENESS CAMPAIGN

Do you find it easier to recognize your own emotions or the emotions of others? Why do you think that is?

- Compare how you experience internal emotional recognition versus noticing emotions in those around you.



DO YOU KNOW?

PRACTICING MENTAL REST



MENTAL

Mental rest allows us to reduce our mental load by taking a break from cognitive demands, giving our brain time to repair.

EXAMPLES OF MENTAL REST:

- Mindful Meditation
- Doodling
- Time Alone
- Using Coping Statements
- Watching "Mindless" Television
- Journaling
- Brain Dumping
- Taking Breaks During Work
- Spending Time Away from Distractions
- Writing a "To-Do Later" List

BENEFITS OF MENTAL REST:

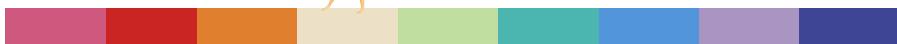
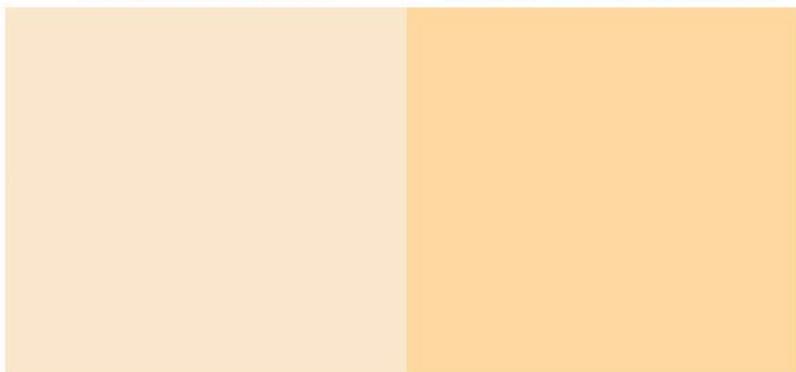
- Improved Brain Health
- Improved Memory
- Reductions in "Brain Fog"
- Reduces Stress
- Increased Feelings of Peace
- Improved Mindfulness Skills



MENTAL REST TIME!

THINGS I ALREADY DO

THINGS I COULD DO BETTER



UNDERSTANDING EMOTIONS

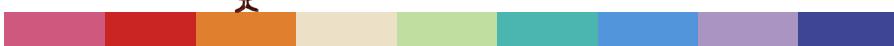
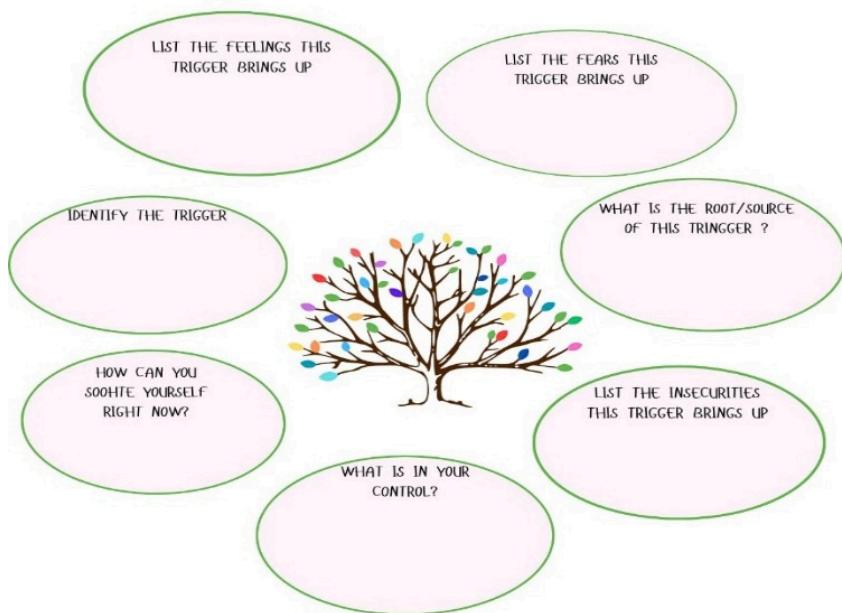
This section aims to deepen your knowledge of emotions by exploring their causes, connections, and impact. You'll gain insight into how emotions influence thoughts and actions, helping you recognize patterns and develop a clearer emotional perspective.



ACTIVITY 1

TRIGGER TREE

- Identify the triggers that you experience and fill in tree



WORKSHEET 1

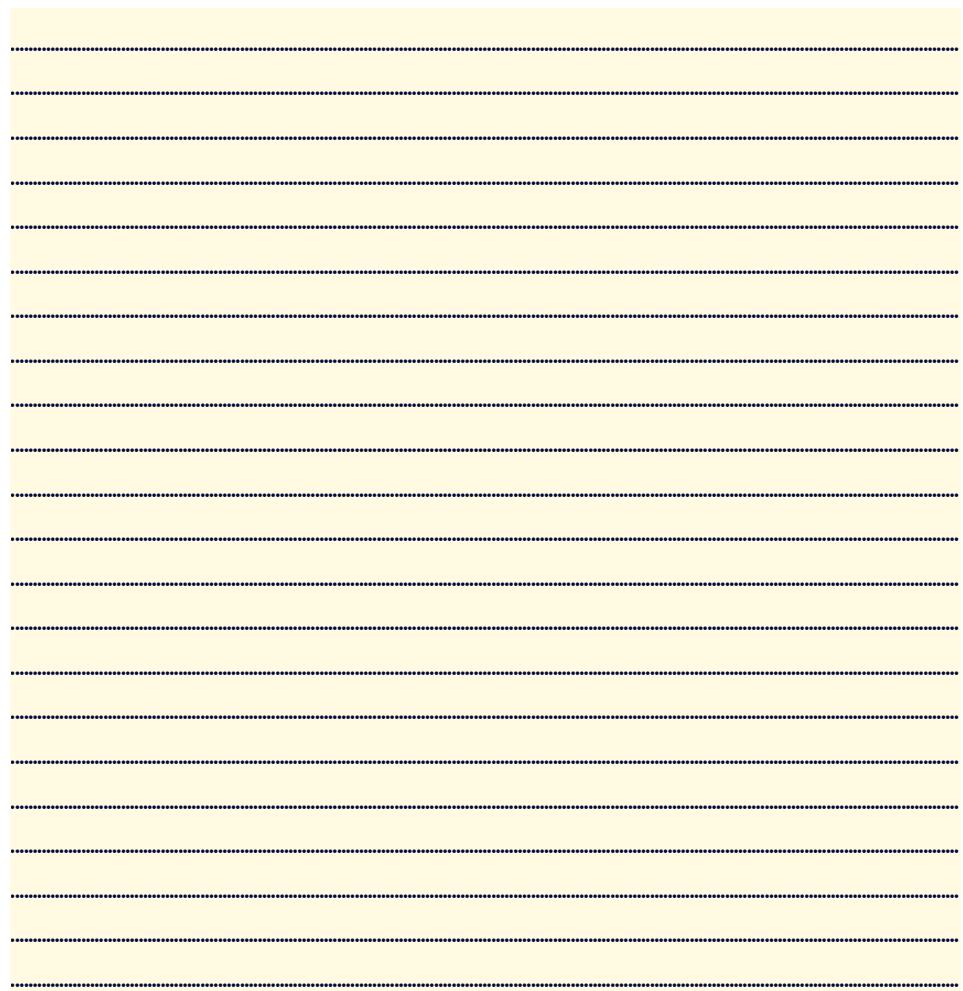
WHAT IF SCENARIOS?

Imagine any one of the given hypothetical situations and list the range of emotions that you might feel and why.

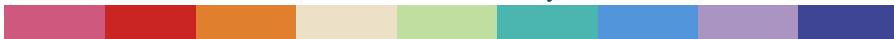
- You text your friend to share exciting news, but you don't receive a response for several hours.
- Your friend cancels plan last minute
- You receive critical feedback on a project that you worked hard on
- You see pictures on social media of your friends at a gathering you weren't invited to.
- You've prepared for a scheduled meeting with your supervisor, but they suddenly reschedule without giving a reason
- You give a thoughtful gift to a friend, but their reaction is less enthusiastic than you hoped

If you are not able to relate with the given situations then You can also create your own hypothetical situation and list the range of emotions that you might feel and why.

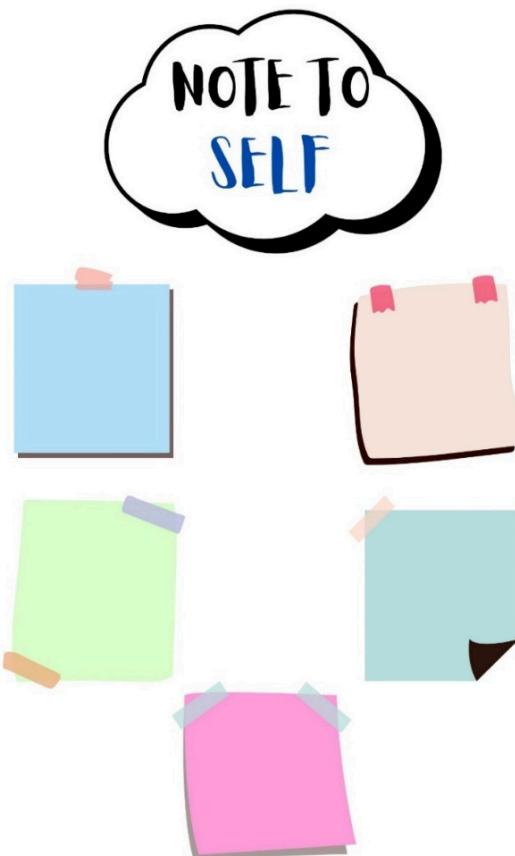




- Now try considering different interpretations for the chosen scenario and see how that leads to different emotions.
- E.g., The scenario is “Your friend cancels plans last minute. Few interpretations could be either "They don't want to see me" vs. "They might have an emergency") and see how it leads to different emotions.



ACTIVITY 2



Fill in posts with thoughts you want to tell yourself.

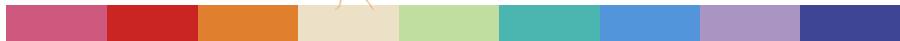


WORKSHEET 2

EMOTIONAL MENTAL MODELS

Visualizing and reflecting on how you would cope with different situations can offer further insight into your emotions. Improve emotional awareness by visualizing yourself in each of the following scenarios capturing your emotions and what you would do based on how you feel:

1. You have one year left to live. How would you feel? What would you do?



2. You have enough money to do anything with your life.
How would you feel? What would you do?

3. You are guaranteed success in any profession you choose.
How would you feel? What would you do?



4. You are telling your grandchildren how you spent your life. How would you feel? What would you tell them?

5. You are much older now and telling your younger self what to do with their life. How would you feel? What would you tell them?



ACTIVITY 3

WORD SEARCH

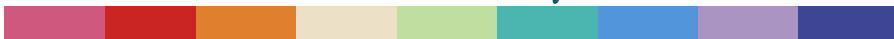
Worksheet: Our Search for Emotions

There are 14 hidden words in the word search below. Find them and write the definition of any 5 of which you seem to have felt recently.

**Emotion Word
Search!**

HCESNCONFUSEDTQRJ
TFOVERWHELMEDIYFR
WROJAEMBARRASSEDD
AOPOLEEPUSHTEHCAU
EFLRRPOPROUDANATO
ANIENVOSSURPRISED
RTOCSLONELYSNFFRE
SRRGPTRDEMITHLOA
CARASLCSAALUOOYAT
MOSADFLDREIOTSARIO
SDGOTNDITECXESDTR
IRANGRYOELOIAATTUN
CONFUSEDLMBNCAOSS
OOAHNENSOOFFNDOER
DFNHPIANXIOUSDDJS
OAOEFEEOOGNRLYESLI
RPNFUOIHFITGANGWPE
EGRATEFULSCAREDTL

Happy, Sad, Angry, Excited, Scared,
Nervous, Calm, Surprised, Frustrated,
Embarrassed, Lonely, Anxious, Joyful,
Afraid, Proud, Confused, Disappointed,
Grateful, Hopeful, Overwhelmed.



WORKSHEET 3

HEALTHY BOUNDARIES

Name: _____ Date: _____

HEALTHY BOUNDARIES

Who do I struggle to set boundaries with?

Type of boundaries I struggle to set with this person:

emotional spiritual time
 financial physical other

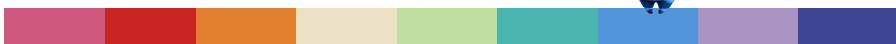
What am I afraid will happen if I set boundaries with this person?

In what ways is not setting boundaries affecting me?

How would I feel if I set healthy boundaries?

In what ways is not setting boundaries affecting me?

An affirmation that gives me courage:



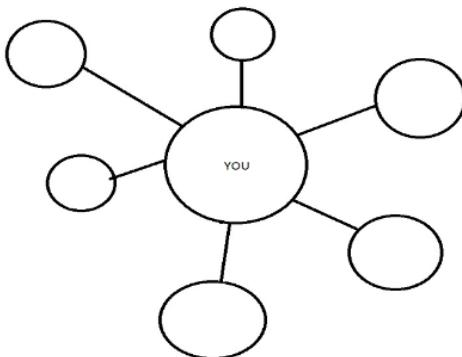
ACTIVITY 4

EMOTIONAL MAPPING

Instructions:

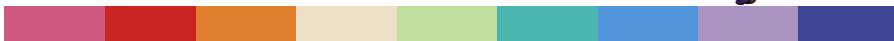
1. For each smaller circle, label it with a specific situation or person in your life (e.g., "Work," "Family," "Friendship," "Hobbies," etc.).
2. Next to each label, write down the primary emotions you associate with these areas. Use descriptive words (e.g., "anxious," "happy," "frustrated," "content").

Color-Coding:



Choose different colours to represent various emotions. For example:

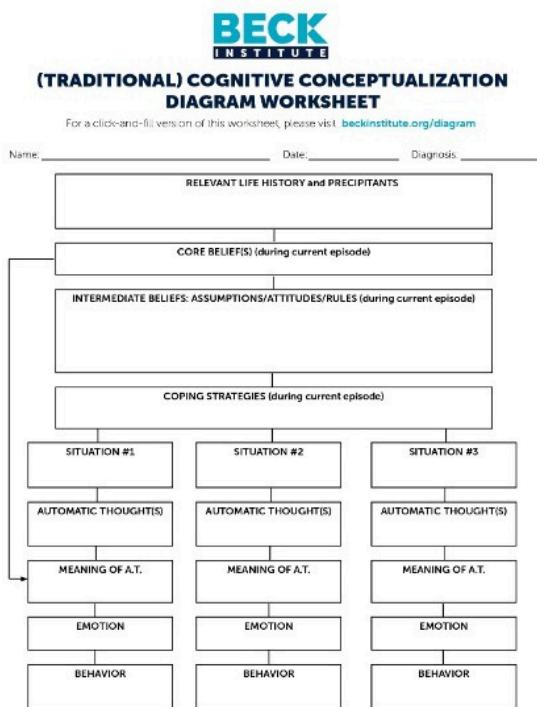
- Red for anger
- Blue for sadness
- Green for peace
- Yellow for joy



WORKSHEET 5

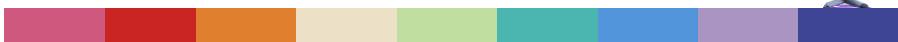
COGNITIVE CONCEPTUALIZATION DIAGRAM

Relationship between Thoughts, Emotions and Behavior
Instructions : Before filling it out, refer to the example provided on the next page. Please ignore the diagnosis.



© 2016 Adapted from J. Beck (2020) Cognitive Behavior Therapy: Basics and Beyond, 3rd edition.

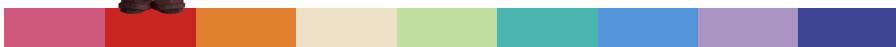
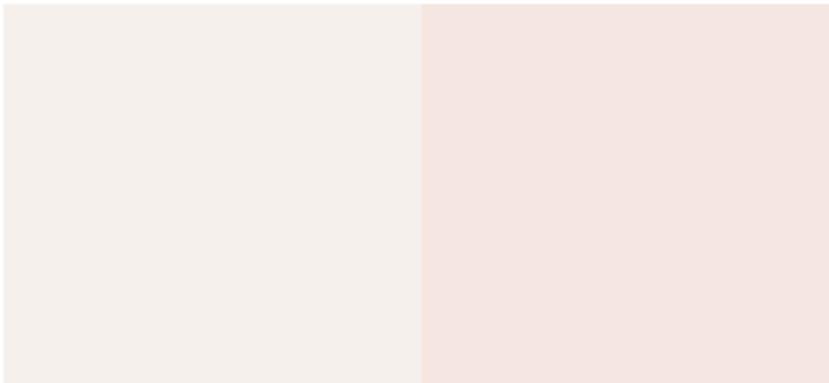
Beck Institute for Cognitive Behavior Therapy • One Belmont Ave., Suite 700 • Blue Bell, PA 19422 • beckinstitute.org



SOCIAL REST TIME

THINGS I ALREADY DO

THINGS I COULD DO BETTER



LABELLING EMOTIONS

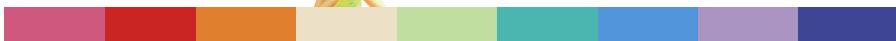
This section focuses on accurately identifying and naming emotions. You'll learn to differentiate between various emotions, enhancing your emotional vocabulary. This process helps you connect more deeply with your feelings, allowing for better communication and understanding of your emotional landscape.



WORKSHEET 1

ANCHOR OF AFFECTION

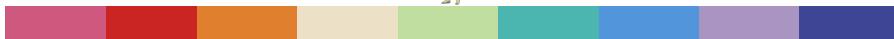
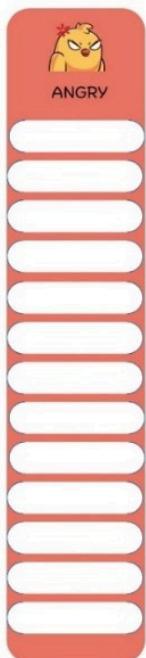
Recall a time when you felt truly loved and supported as a child. How can you recreate that feeling of safety and love as an adult? While you are doing this activity, try going to a safe space or a safe person so you can experience the comfort.



ACTIVITY 1

FINDING FEELINGS: WORK EXPLORATION

WORDS FOR WHAT I AM FEELING



WORDS FOR WHAT I AM FEELING



SAD



SCARED



LOVE



WORKSHEET 2

UNMASKING THE TRUE SELF

Instructions:

- Reflect on moments, people, or activities where you feel most genuine and authentic.
- Think about situations where you are free from judgment, comparison, or external pressure, and can express yourself fully.

1. When do you feel the most like yourself?

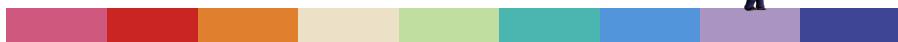
2. Who are you with when you feel authentic?



3.What activities make you feel most aligned with your true self?

4.What emotions arise when you are your most authentic self?

5.What stops you from being your true self in certain situations?



ACTIVITY 2

ILLUSTRATING FEELINGS

DRAW OR WRITE MEMORY FOR EACH
EMOTION

JOY



SADNESS



ANGER



WORKSHEET 2

UNMASKING THE TRUE SELF

Instructions:

- Reflect on moments, people, or activities where you feel most genuine and authentic.
- Think about situations where you are free from judgment, comparison, or external pressure, and can express yourself fully.

1. When do you feel the most like yourself?

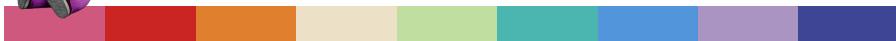
.....
.....
.....
.....
.....
.....
.....

2. Who are you with when you feel authentic?

.....
.....
.....
.....
.....
.....



DRAW OR WRITE MEMORY FOR EACH EMOTION



WORKSHEET 3

MOTIVATING MAPPING

For an entire day, become aware of the underlying motivation behind each action you take. Before starting any activity—whether it's work, relaxation, or a simple task—ask yourself what is motivating you to do that task based on should, want, need components.

1. Should:

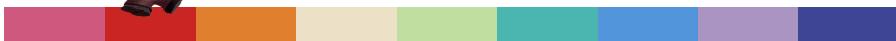
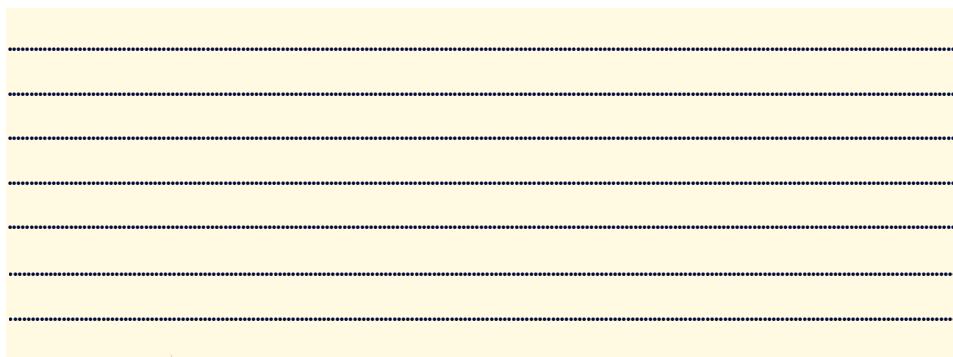
- For example, "I'm going to this meeting because I should be responsible and attend, even though I don't find it meaningful."

2. Want:

- For example, "I'm watching this movie because I truly want to relax and enjoy some quality time for myself."

3. Need:

- For example, "I'm eating lunch because I need nourishment and energy to keep going for the rest of the day."

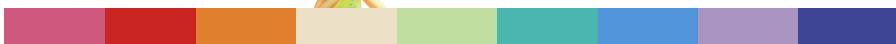




ACTIVITY 3

DREAM DAY BLUEPRINT

Draw how your ideal day would look like. It can be anything like sleeping the whole day, just spending time with yourself etc.



WORKSHEET 4

SYMBOL OF SELF

Find an object which metaphorically represents an important aspect, quality etc. of yours. Describe how you feel about it.



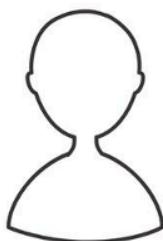
ACTIVITY 4

EMOTIONAL CLIMATE

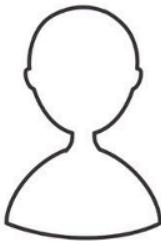
LET'S CHECK IN!



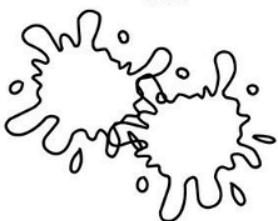
HOW ARE YOU
FEELING ON THE
INSIDE?



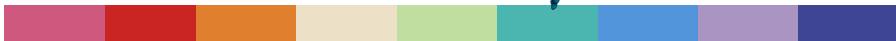
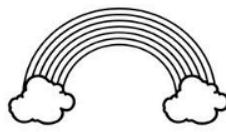
WHAT FACE ARE
YOU MAKING ON
THE OUTSIDE?



WHAT COLORS ARE
YOU FEELING RIGHT
NOW?



IF YOUR FEELING WAS THE WEATHER, WHAT WOULD IT BE?



WORKSHEET 5

JOY AND CALMNESS

INVENTORY

What are five specific activities, experiences, or practices that consistently bring you joy and calmness in your daily life, and how can you intentionally incorporate more of these into your routine?"

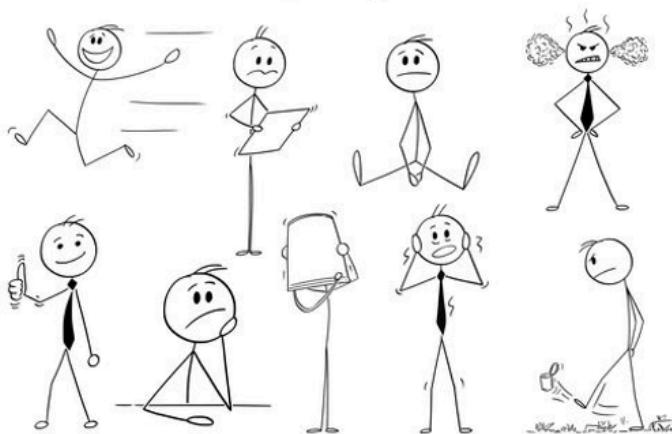


ACTIVITY 5

STICK FIGURE CHECK IN

Stick Figure Check In

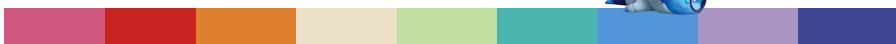
Circle the stick figures you feel most like



Draw yourself as a
stick figure!



Learn More at
ADUCKSTHERAPIST.COM



WORKSHEET 6

UNLEASHING THOUGHTS

What is something I will always stand up for?

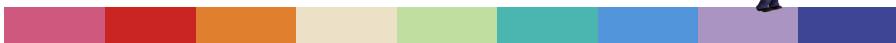
Do I believe my childhood reflects on my behavior now?

What type of relationship do I wish I had with my family? How does this make me feel?

What is something I wish I could prioritize more?
Why can't I?

What things do I find unnecessary or corny? Why?

How do I feel when I am outside of my comfort zone?



DID YOU KNOW?

PRACTICING SPIRITUAL REST



SPIRITUAL

Spiritual rest is any activity that provides us with a sense of purpose and meaning. Spiritual rest connects us to something larger than ourselves.

EXAMPLES OF SPIRITUAL REST:

- Volunteering
- Connecting with Nature
- Prayer
- Attending Spiritual Ceremony
- Watching a Sunrise
- Joining a Community
- Connecting with Your Community
- Participating in Social Justice
- Advocacy
- Participating in Your Passions

BENEFITS OF SPIRITUAL REST:

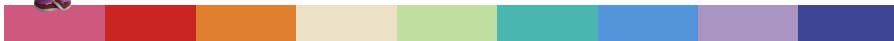
- Connection to Greater Purpose
- Connection to Greater Meaning
- Community Connection
- Expands Worldview
- Exposes Us to Things "Bigger than Us"
- Fulfillment



SPIRITUAL REST TIME

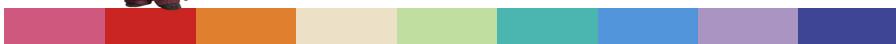
THINGS I ALREADY DO

THINGS I COULD DO BETTER



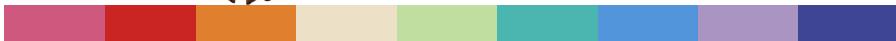
EXPRESSING EMOTIONS

This section is designed to help you articulate your emotions in healthy and constructive ways. You'll explore how to express feelings authentically in various contexts. These exercises encourage self-expression while fostering better emotional connections in relationships, promoting emotional well-being and clarity.



ACTIVITY 1

GRATITUDE MAPPING



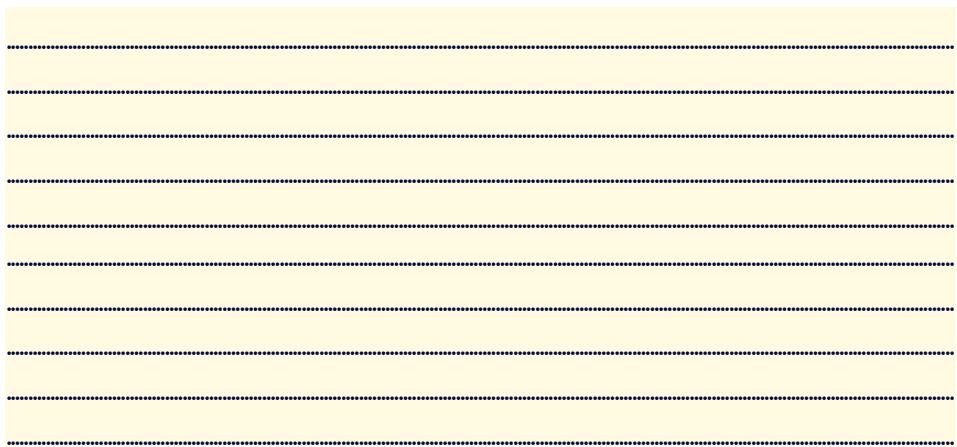
WORKSHEET 1

WRITE A LETTER

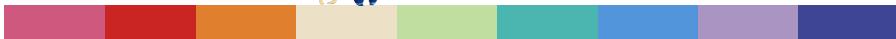
Write a letter to a friend or relative or anyone you pick. Tell them about a time when you were unable to express your feelings to them. They could be positive or negative. Describe the situation/event when the feelings arised, how did it make you feel ?, why were you not able to tell them about your feelings then ?, how did you cope with it?

You do not have to send them this letter so be as open as you want. It is only an outlet for your emotions so you can observe them clearly.

- Eg: 1. When your friend was leaving your city and you felt sad but couldn't tell them.
2. When you got scolded by your mother



A large vertical column of handwriting practice lines. It consists of ten sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line. The entire column is set against a light beige background.

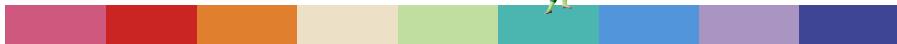




ACTIVITY 2

EMBODIES BRUSHSTROKES

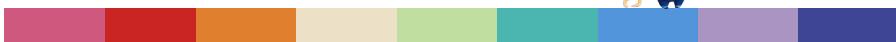
Reflect on how your body expresses emotions and energy when I become a living paintbrush, and what shapes, patterns, or colours would emerge if I let my movements speak freely?"



WORKSHEET 2

REFLECTION ON ROUTINE AND INNER EXPERIENCE

"When I look closely at the seemingly mundane details of an uneventful day, what unexpected thoughts, emotions, or patterns do I uncover about how I experience time, routine, and my inner world?



ACTIVITY 3

DOODLE YOUR DAY

Now it's time to express! Use the blank page to doodle your day based on your emotions and experiences. You might:

- Draw symbols that represent your feelings (like a sun for happiness or clouds for sadness).
- Create a visual timeline of your day, illustrating key moments.
- Use colors to represent different emotions—warm colors for joy, cool colors for calmness.



WORKSHEET 2

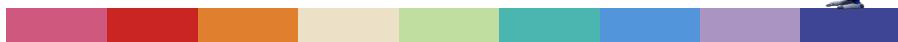
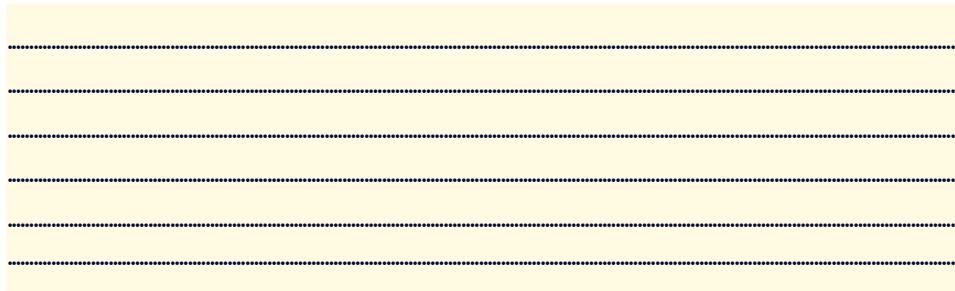
HOW DO YOU SHOW UP IN YOUR RELATIONSHIPS

In our relationships, we often take on different roles depending on who we are interacting with. With some people, we might feel responsible and protective, like a caregiver, while with others, we may feel vulnerable and dependent, like a child. Sometimes, we act as a friend, a mentor, or even a follower. Reflect on how you behave with the most important people in your life:

- With your family
- With your friends
- At work or school

Reflect about the following questions:

1. Which role do you take on most often in your relationships?

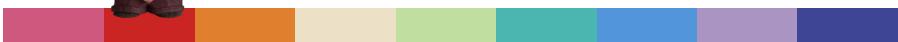


2. Why do you think you adopt this role?

3. Does it feel natural, or do you sometimes wish you could change how you interact?



4. How does this affect your relationships—are you able to express your true self, or do you feel like you need to fit into certain expectations?



ACTIVITY 4

UNHEALTHY COPING MECHANISM

Instructions: For each statement, rate how often it applies to you on a scale from 1 to 5.

(1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always)

1. Avoidance

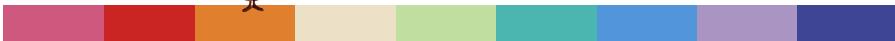
1. When I feel stressed, I avoid dealing with the situation or task.
2. I tend to withdraw from people when I'm feeling overwhelmed.
3. I procrastinate or distract myself rather than face difficult emotions.

2. Emotional Suppression

4. I bottle up my feelings, preferring not to talk about them with others.
5. I feel like I must keep my emotions to myself to avoid burdening others.
6. I find it difficult to cry or express sadness, even when I need to.

3. Substance Use

7. I use alcohol or drugs to help me feel better or numb my emotions.
8. I rely on caffeine or energy drinks to get through the day.
9. I often turn to junk food or comfort food when I'm feeling stressed or emotional.



4. Overworking/Overachieving

10. I bury myself in work or activities to avoid thinking about my emotions.
11. I feel guilty or anxious if I'm not constantly productive.
12. I often set unrealistic goals for myself to prove I'm capable or worthy.

5. Aggression/Frustration

13. When I'm stressed or upset, I often lash out at others verbally.
14. I get frustrated easily, and small things tend to make me angry.
15. I find myself holding grudges or staying angry for long periods.

6. Risky Behavior

16. I take unnecessary risks (e.g., reckless driving, gambling, or spending) to feel a sense of control.
17. I tend to engage in impulsive or risky behaviors to escape my emotions.
I do things I know are harmful to myself because I don't feel I deserve better

7. Self-Isolation

19. I avoid social gatherings and prefer to be alone when I'm feeling down.
20. I feel like I don't want to talk to anyone, even when I need support.



Scoring:

- Total your scores for each category. A higher score in a specific category indicates that you may be using that type of unhealthy coping mechanism more frequently.
- Category insights:
 1. A score of 12 or more in any category suggests that the coping mechanism may be unhealthy and might be negatively impacting your well-being.
 2. If multiple categories score high, it may indicate a broader pattern of unhealthy coping.

Reflection:

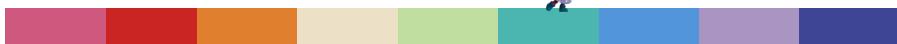
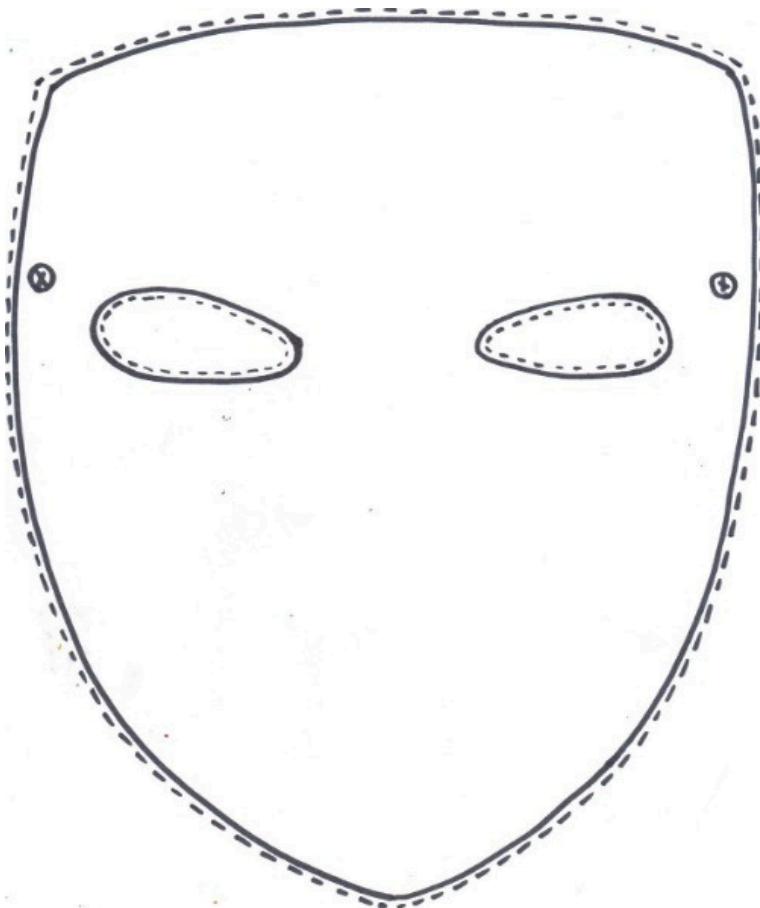
- Consider which categories scored the highest. These may point to areas where you're relying on unhelpful strategies.
- Think about how these coping mechanisms have impacted your life, relationships, and well-being.
- Consider seeking healthier alternatives, such as using this journal, mindfulness, therapy, or talking to a trusted person.

Disclaimer : This self-assessment is for personal insight and reflection. It's a starting point for identifying potential unhealthy coping patterns. If you score highly in multiple areas or feel overwhelmed by your coping mechanisms, it may be helpful to speak with a mental health professional.



ACTIVITY 5

- Cut out the mask by using scissors along the outline of the image given below



Step 1. Create your “Outside” mask

On the outside of the mask (the front of the face), write or draw how you present yourself to the world. Think about the parts of yourself that you show to others, especially when you’re feeling guarded or protective.

- Examples: You might write words like “confident,” “funny,” “strong,” or “in control,” or draw symbols like a shield or a smile.
- Use colors and shapes that represent your outward personality or image.

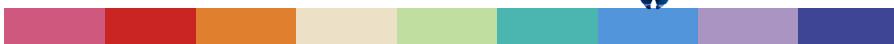
Step 2. Reflect on Your “Inside” Mask

Flip the paper over and on the inside of the mask (the back of the face), write or draw the emotions you keep hidden when you feel vulnerable.

1. Examples: You might write words like “fear,” “insecurity,” “loneliness,” or “anxiety,” or use symbols like rain, tears, or a broken heart.
2. Use colors that express how these inner emotions feel to you.

Step 3: Choose One Hidden Emotion to Explore

- Look at the emotions or symbols you drew on the inside of the mask. Choose one emotion that you would like to explore more deeply and practice sharing with someone you trust.
 1. Examples: “I feel insecure about my work,” or “I feel lonely sometimes.”
- Write this emotion on a sticky note or a small piece of paper.



Step 4: Make a Vulnerability Commitment

- Write down one small action you can take to express this emotion with someone you trust.
- 1. Examples: "I will talk to a friend about my anxiety," or "I will tell my partner that I feel stressed."
- Attach this note to the outside of the mask as a reminder of your commitment to embrace vulnerability.

Reflection Reminder:

Vulnerability is a pathway to deeper connections, authenticity, and emotional freedom. By exploring and embracing your vulnerability, you allow yourself to experience growth and connection in new ways



WORKSHEET

UNSPOKEN RULES AND EMOTIONAL MESSAGES

Step 1: Reflect on Early Messages

- What emotions were openly expressed in your family?

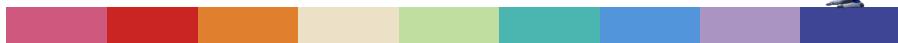
.....
.....
.....
.....

- Were there certain emotions that were discouraged or made to feel inappropriate?

.....
.....
.....
.....

- How did your parents, teachers, or friends react when you expressed anger, sadness, or fear?

.....
.....
.....



Step 2: Emotional "Rules" Inventory

Allowed emotions

Discouraged emotions

ALLOWED EMOTIONS	DISCOURAGED EMOTIONS

Step 3: Identify the Source of the Message

- Who taught you that this emotion was not okay to express?
- Was it a direct message (e.g., “Don’t cry”) or more indirect (e.g., body language, silence), like someone appreciated you when you didn’t cry even though your favorite toy was broken by your sibling, or someone told you that you are seeming sad and it should not be visible on your face like this, etc.?

Step 4: Impact of the Message

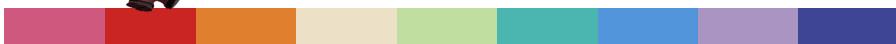
- How do you feel when you experience this emotion now?



-
- Do you try to suppress it? If so, how?
 - Has avoiding this emotion impacted your relationships or decision-making?

Step 5: Rewriting the Emotional Script

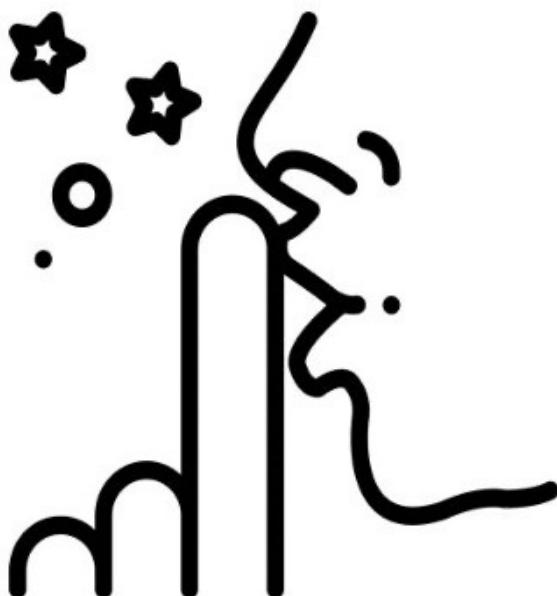
- How can I give myself permission to feel and express this emotion?



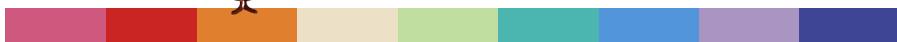
ACTIVITY

EMOTION FILTERS

- Write all the direct and indirect messages around the image below that you have received about not feeling or expressing certain kinds of emotions, for example “don’t be oversensitive”, “you are behaving like a child”, “boys don’t cry”, “one should never get angry at another person”, “try to be logical”, “it is very bad to be jealous of another person” etc.



- Now take a pencil and vigorously strike these messages out, such that they are no longer even visible.



ACTIVITY

- What would a supportive message about these emotions sound like? Write these messages below and draw symbols of hope, positivity and love around those emotions.



DID YOU KNOW?

PRACTICING SENSORY REST



SENSORY

Sensory rest helps us to disconnect from 'the noise' and recuperate from sensory overload. This gives us time to recalibrate our senses.

EXAMPLES OF SENSORY REST:

- Using Noise Cancelling Headphones
- Unplugging from Devices
- Removing Self from Overwhelming Places
 - Taking Breaks
 - Using a Soft Blanket
 - Eating Comfort Foods
 - Removing Loud Noises
 - Organizing Spaces
 - Reducing Clutter
 - Having Alone Time

BENEFITS OF SENSORY REST:

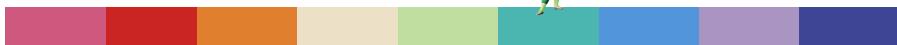
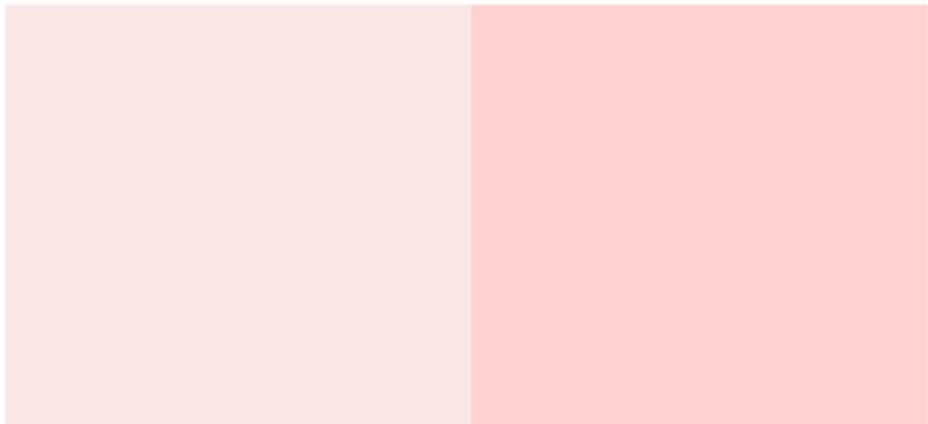
- Improved Regulation Skills
- Reducing Stress and Overwhelm
- Improved Ability to Respond to Stress
- Enhances Comfortability
- Improves Mental Wellbeing
- Enhances Ability to Enjoy Sensory Input



SENSORY REST TIME

THINGS I ALREADY DO

THINGS I COULD DO BETTER



REGULATING EMOTIONS

This section guides you in developing skills to manage emotions effectively and maintain emotional balance. You'll explore strategies for self-care and recognizing emotional triggers. These exercises help you become more aware of emotional signals and equip you with tools to regulate your responses, fostering emotional resilience and well-being.



ACTIVITY

CHECK YOUR SELF ESTEEM

BUILD YOUR SELF-ESTEEM
NOTICE YOUR STRENGTHS

3 things I like about my character

1.
2.
3.

3 things I am good at

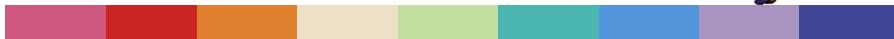
1.
2.
3.

3 things I am proud over

1.
2.
3.

3 things I am grateful for

1.
2.
3.



BUILD YOUR SELF-ESTEEM

NOTICE YOUR STRENGTHS

3 things I like about my body

1.

2.

3.

3 people I am grateful for

1.

2.

3.

3 difficulties I have overcome

1.

2.

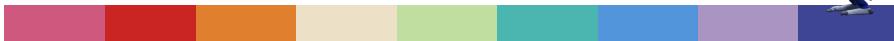
3.

3 compliments that others have said about me

1.

2.

3.



WORKSHEET 1

BINGO ACTIVITY

- These are few strategies to regulate your emotions better. You can add in your strategies as well

B I N G O

Do something creative	Journal your thoughts	Clean up your space	Have a emotional toolbox	Practice gratitude
Noticed my progress	Gave myself a treat!	Took an emotional rest	Engage in a digital detox	Write 5 things that you love about yourself
Took an sensory rest	Practice mindfulness or meditation	Add your Ideas	Connect with nature	Give a compliment to someone
Give a self compliment	Do Nothing!	Post a positive affirmation on your room	Create a safe space for yourself	Find out top 3 coping strategies that you use often
Draw a quick doodle on your current mood	Take a moment to smell something pleasant	Make chits of moments of your happiness and fill a jar	Add your Ideas	Add your Ideas



ACTIVITY 2

5-4-3-2-1 GROUND EXERCISE

Instructions : Use this exercise when your brain is on fire and you are unable to stop your overthinking or the emotions are extremely overwhelming and unmanageable.

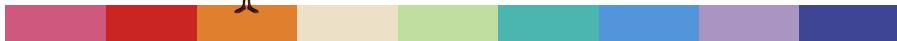
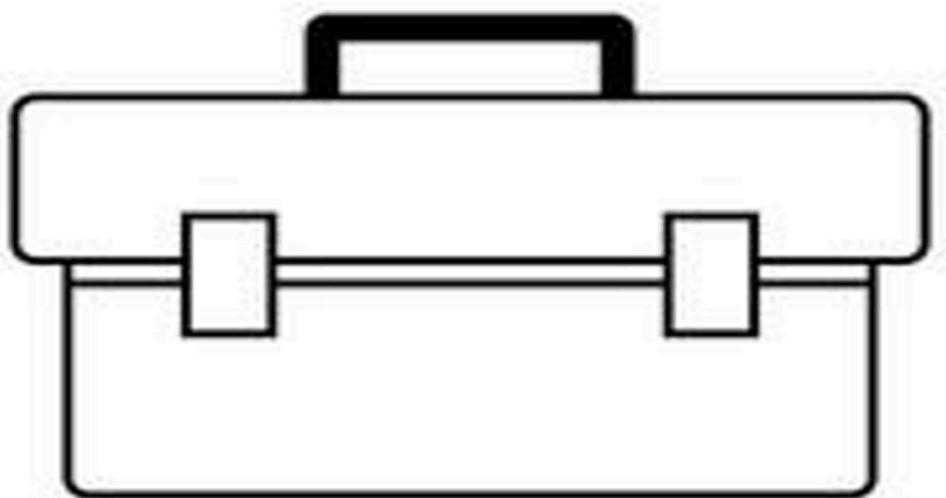
- 5 things you can see: Describe in detail the things around you. Pay attention to the colour, patterns and shapes.
- 4 things you can feel: Reach out and touch the table in front of you, the seat beneath you or the nearest wall. Notice their textures. If you're outside, touch the bark of a tree or take your shoes off and feel the grass beneath your feet. Do you feel the sun's warmth on your face? You might also pick up an object and notice the weight of it in your hand.
- 3 things you can hear: Is the AC fan humming in the background? Do you hear the clock ticking? How about the sound of the vehicles going by outside your window?
- 2 things you can smell: You might notice the smell of an air freshener, someone cooking lunch etc.
- 1 thing you can taste: Pop a mint or something else you like in your mouth and notice its flavour or take a sip of tea.



WORKSHEET 2

EMOTIONAL TOOLBOX

Think about the different strategies and activities you use to regulate your emotions and cope with overwhelming feelings (like mindfulness activity, positive affirmation, etc) and write it in the toolbox provided below.

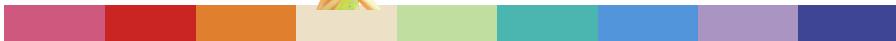


For each tool listed, write a few sentences reflecting on:

- When you use this tool: What triggers its use?

- How it helps: What emotions does it regulate or alleviate?

Any challenges: Are there times when this tool doesn't work for you? Why might that be?



WORKSHEET 3

SELF CRITIC ANALYSIS

When you listen to your inner voice, what messages or criticisms do you hear? Describe the tone and language it uses. Is it harsh, supportive, sarcastic, or something else? How does this voice affect your feelings and behaviors? Additionally, how does your emotional self-define these labels you attach to yourself? Reflect on how you can reshape this inner dialogue to be more compassionate and understanding towards yourself.



ACTIVITY

BRAIN DUMP LIST

Procrastination

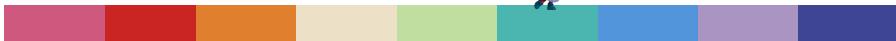
Fear

Anger

Discouragements

Incomplete Goals

Sorrow



ACTIVITY 4

ANGER SCRIBBLE

Think about a recent event that made you angry and scribble or draw lines on the paper using colors that represent how your anger feels. Don't think too much about it—just let your hand move freely. Use bold strokes, sharp lines, or even chaotic swirls, depending on how your anger feels. Let the paper reflect your anger visually.



WORKSHEET 4

EXPLORING THE EMOTIONS BENEATH ANGER

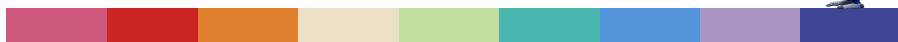
Instructions:

Use this worksheet to dive deeper into the feelings that may lie beneath your anger. Anger is often a surface emotion that masks other feelings. Take your time with each section and reflect honestly on your experiences.

1. Think of a Recent Time You Felt Angry:

- What happened? Describe the situation in detail.
(Example: Someone interrupted me in a meeting, and I got really frustrated.)

- How did you express or react to this anger?
(Example: I raised my voice, or I shut down and didn't talk.)



2. What Triggered Your Anger?

- What specifically made you feel angry?
(Example: I felt disrespected, ignored, or judged.)

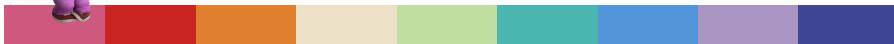
- Did this trigger remind you of past experiences or similar situations?

(Example: When I was a kid, I was often interrupted and felt like my opinions didn't matter.)

3. Exploring the Emotions Beneath Your Anger:

- Which other emotions were you feeling in that moment?
(Check any that apply)

1. Hurt
2. Fear
3. Sadness
4. Disappointment
5. Guilt
6. Shame
7. Insecurity
8. Frustration
9. Feeling powerless
10. Feeling rejected
11. Feeling disrespected
12. Other: _____



-
- Which of these emotions do you think was the strongest underneath your anger? Why?

4. Connecting to the Core Emotion:

- What was your primary emotional need in this situation?
(For example: to feel heard, respected, understood, supported)

- Was this need met? If not, how could it have been met differently?



ACTIVITY 5

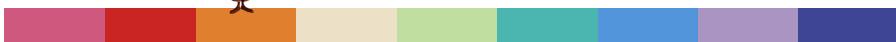
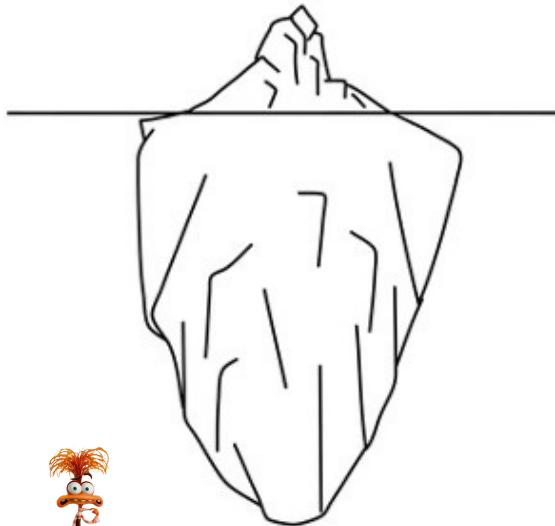
THE ANGER ICEBERG

Step 1. Label the top, which is visible above the water, as Anger.

Step 2. Below the waterline, write down other hidden emotions that are hidden beneath your anger, identified by you in the worksheet.

Step 3. At the very bottom of the iceberg, write the primary emotion that triggered your anger in this specific situation. This could be fear of rejection, sadness over a loss, or frustration at unmet expectations.

Step 4. Underneath the iceberg, write an affirmation that acknowledges and honors them. For example: "It's okay to feel hurt when I'm interrupted. My feelings are valid.", "It's okay to feel hurt or disappointed. Anger is a signal that I need to address these deeper feelings.", etc.

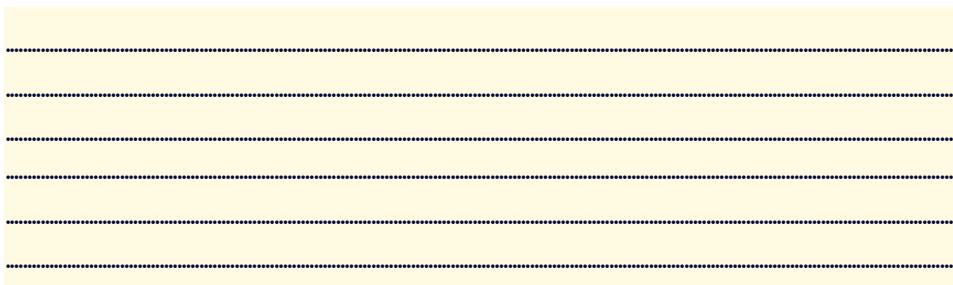


You can tear out this page and paste it on a wall in your room as a reminder that anger is often just the tip of the emotional iceberg. When anger arises, you can pause and reflect on the underlying feelings.

6. Moving Forward:

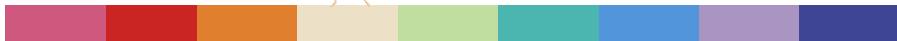
- Next time you feel angry, how could you pause and check in with the emotions underneath before reacting?

(Example: Take a deep breath and ask myself, 'What's really going on here?' or 'What am I truly feeling?')



Reflection Reminder:

Anger is a powerful emotion, but it often signals deeper feelings that need attention. By exploring the underlying emotions, you can better understand yourself and respond in ways that are more compassionate and constructive.



ACTIVITY 4

MY FEELING, MY NEEDS

MY FEELINGS, MY NEEDS

What do you need others to say or do when you feel mad, sad, and scared?

WHEN I FEEL MAD, I NEED YOU TO...

SAY		DO

WHEN I FEEL SAD, I NEED YOU TO...

SAY		DO

WHEN I FEEL SCARED, I NEED YOU TO...

SAY		DO



WORKSHEET 5

EXPRESSING THE HEART

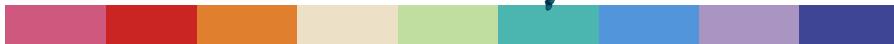
"Postcard to the Heart: Expressing the Unspoken"

Take a moment to reflect on the emotions of love that you haven't shared with a primary caregiver—whether it's your parents, siblings, or someone who has played a significant role in your life. Think about how often we leave love and gratitude unspoken, especially in our day-to-day lives.

When was the last time you said 'I love you' or shared your appreciation with them?

It's easy to assume they already know, but sometimes those simple, heartfelt words go unsaid.

Now, imagine you're writing a postcard or recording a voice note to express those feelings—things you've wanted to say but haven't. What emotions, memories, or words of gratitude would you share?



ACTIVITY 5

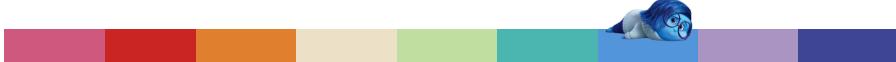
TIPP

Instructions: You can use this exercise when you are overwhelmed with emotions in a crisis situations and you wish to lower intense emotions in order to more logically look at a situation and make a decision

Temperature: Lower your body temperature, by for example dunking your face in a bowl of ice to shock and redirect your nervous system to the present.



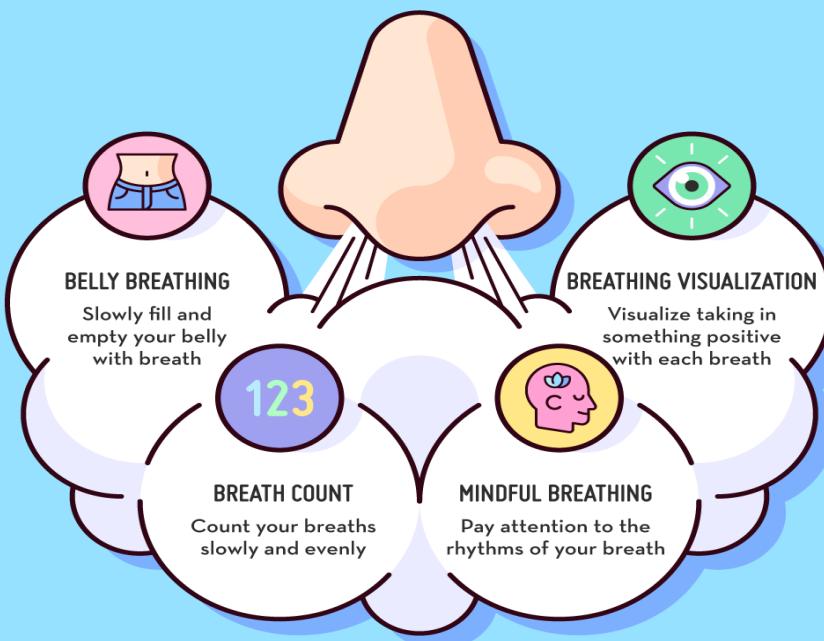
Intense exercise: Go for a fast run or lift up some weight or punch some pillows etc.



Pace breathing: Focus on your breath. Try to take long and deep breaths. Count the number of breaths you take in a minute. If you are feeling breathless, inflate your mouth while keeping it closed and then breathe. Alternatively, you can also breathe into a paper bag.

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

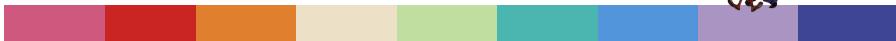
Start the week calm with four deep breathing techniques.



#DeStressMonday

DeStressMonday.org

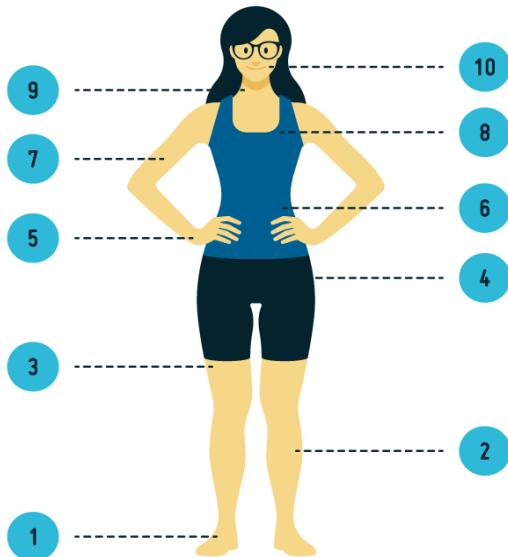
DESTRESS
MONDAY



Paired muscle relaxation: Relax each set of muscles one at a time, from your face to your toes, to soothe and relax yourself.

RELAX YOUR MUSCLES TO RELIEVE STRESS

Ease tension one muscle group at a time.



#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY



ACTIVITY 6

FINGERPRINTS OF GRATITUDE

Instructions: Hold out your left hand and touch each of the five fingers one by one. When you touch the first one i.e. the thumb, try to recall the last time in your life when you felt that you achieved something that you were proud of, write it in brief in the thumb here. Try recalling the experience in detail.

When you touch the second one, try recalling the last time when you did something nice for someone and they liked it. Recall the details and fill in a brief in the finger next to the thumb.

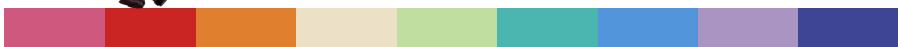
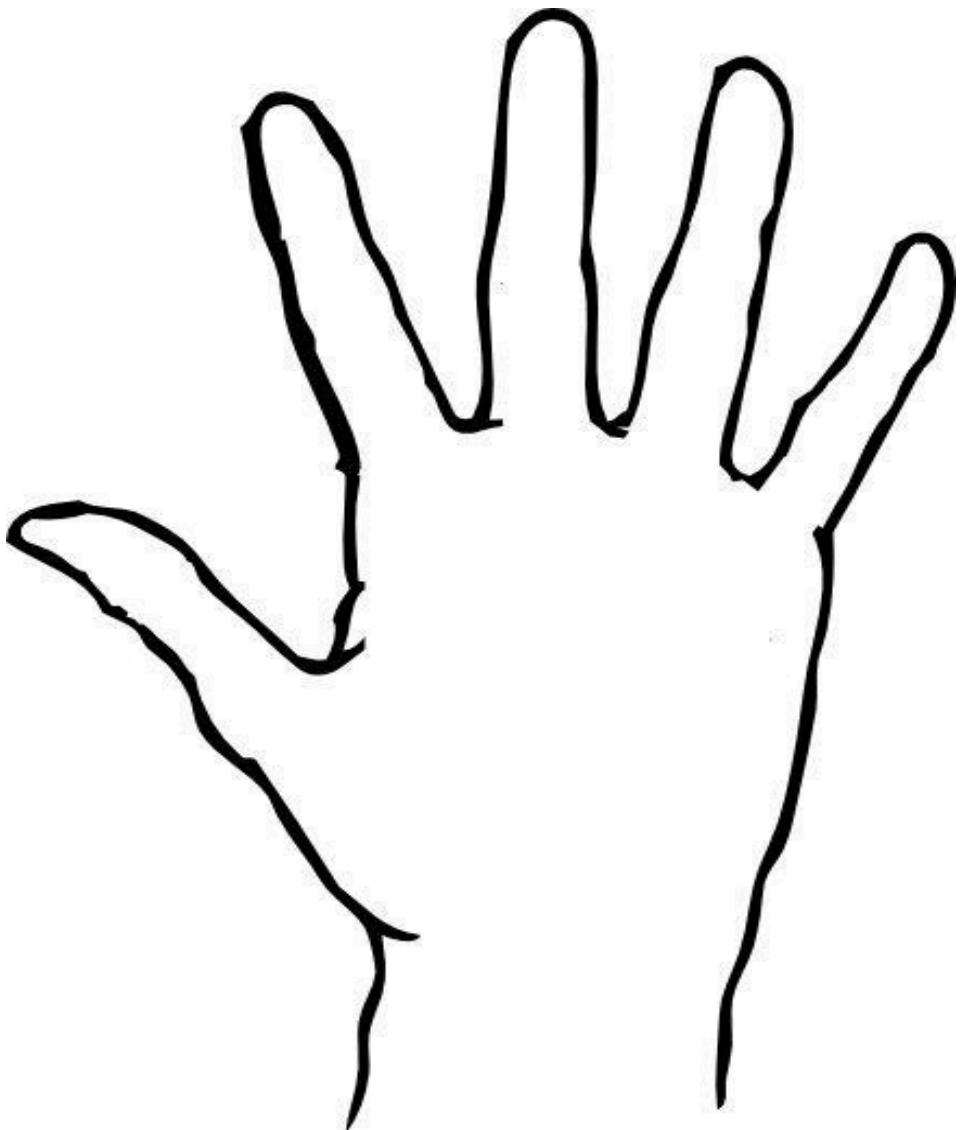
Then, hold the third finger and attempt to recall the last time when you really enjoyed yourself. It could be anything, like hanging out with friends, watching a movie etc. Write a brief in the finger here.

Then touch the fourth finger and remember the last time when you felt completely at peace, as if your life was meaningful and everything fell in its place. Remember the details and write a brief in one line or 2-3 words in the finger below.

Finally, hold the last finger and recall the last time when you felt really loved by someone who is still in your life. Write a brief in the finger below.

Practice this often over a period of one month and over time, you will feel the emotion just by touching your finger, without having to recall a pleasant time from your life.

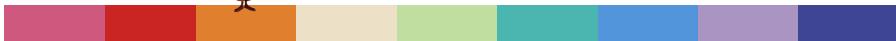




ACTIVITY 7

TEAR ME

Tear out this page, cry your heart out on it to make it wet (It's okay, you can pity yourself). You can cry without making the paper wet also if it's feeling weird. Give yourself a warm hug while you are crying and after you calm down.

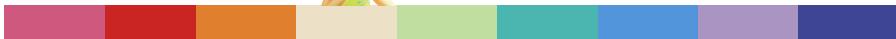


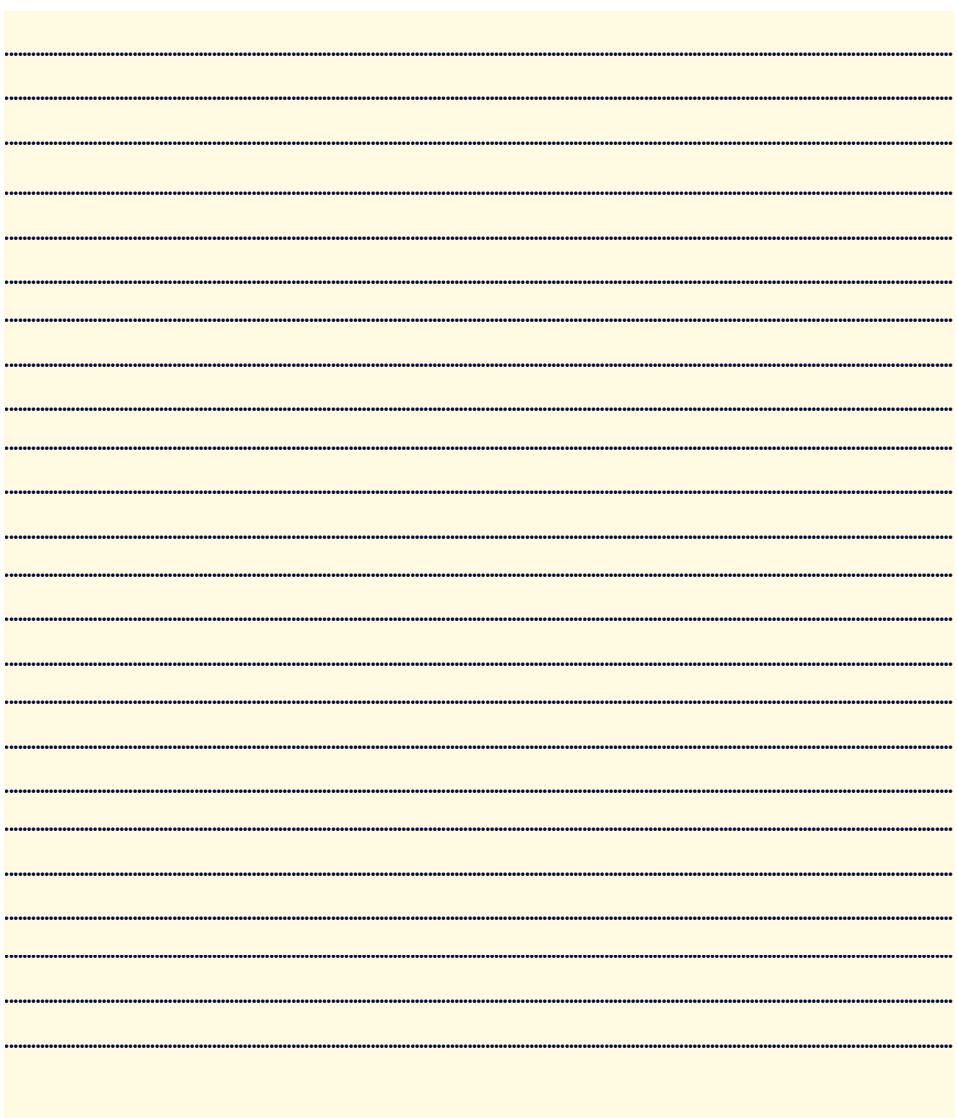
ACTIVITY 8

UNSPOKEN LETTERS

Recall the times and experiences when your primary caregiver (mostly it will be your parents - mother or father or it could also be your relatives, grandparents or anyone else who basically brought you up), did something, intentionally or unintentionally that hurt you or affected you in a negative way, the effect could still be continuing in your life. Maybe there were things that you weren't able to say to them at that time that you would have liked to say and make them understand.

Write a letter to them expressing your innermost feelings about those painful experiences. (even if you understand that they didn't intend to hurt you but you got hurt, still express your emotions, you are not necessarily blaming them here but letting them know and understand your pain.)





BONUS POINTS!! YAYY

Now, after having good practice in all the 5 components of emotional intelligence, you are eligible to practice the bonus strategies to help with all 5 aspects together in a short period of time.

Emotional Meditation

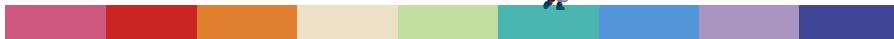
Instructions : Read the script of this meditation beforehand and then practice it on your own, or you can read instructions in parts - for example read the script of one part and then follow through, then read the script of the second part and follow through.

Script : Find a comfortable place to sit in. Now close your eyes (optional). Think about a time in the last week or the last month, when you experienced some very difficult emotions. The more recent it is, the better.

Now try remembering the details of the situation - What happened? Who said what? Who did what? Recall the incident with all the fine details - the people involved, the place, time of day etc.

Now, try to identify the emotion(s) that come up for you. Give them labels, such as pain, anger, guilt etc. If there is more than one emotion, try to identify the most dominant emotion and repeat its label to yourself, saying something like...Okay, this is sadness...Okay, this is guilt...

Now, identify the body part where that particular emotion is manifesting itself, for example, it could be an ache in your heart, a pit in your stomach, a wrenching feeling in your guts, choking feeling in the throat, tightness in forehead, headache, tightness in shoulders etc.



Once you have identified the body part, place a gentle hand on that body part. In case you were unable to identify the specific body part, place a gentle hand on your heart.

Try imagining that warmth, love and care is streaming through your hand into the edges of the tension in the body part, gradually chipping away at it.

Once you have experienced the healing power of your touch, try saying the things to yourself that you need to hear in this moment in order to feel better.

The things which allow you to feel your own love, warmth and self-care. For example, "I know you have been through a lot...I am here for you", "I love you and I will take care of you", "I know it feels like everything is falling apart", "I know how extremely difficult it is to feel what you are feeling right now", "I know that probably no one would understand the intensity of your pain right now", "You have done enough, you can rest", "I understand and know you inside out and I know what an amazing person you are", "I know that it's a lot", "I understand" etc.

Now that you have experienced your own love, warmth and care through your words, just let the emotion come and stay there. Don't fight or resist it in any way whatsoever. Create space for it. Let it just exist for a while. Provide it the space that it demands. Sometimes, when you give space to your emotions, you might notice other deeper underlying emotions rising. You can go back to the previous steps in the exercise in case that happens.

If you begin feeling overwhelmed, you can go back to the self-soothing steps and come back to this step.

Try making this exercise a frequent practice and remember that depending on where you are in your emotion cycle at a particular moment, you can choose to start from later steps in the exercise.



DID YOU KNOW?

PRACTICING CREATIVE REST



CREATIVE

Creative rest protects our creative energy so that we can continue to feel inspired. This means taking creative breaks but also doing activities that stimulate our creativity.

EXAMPLES OF CREATIVE REST:

- Being in Nature
- Listening to Music
- Reading Books
- Doing Art Without Purpose
- Doing Art Without Judgement
- Taking a Class
- Trying Something New
- Cooking a Comfort Meal
- Going for Walks
- Taking a Break from Technology

BENEFITS OF CREATIVE REST:

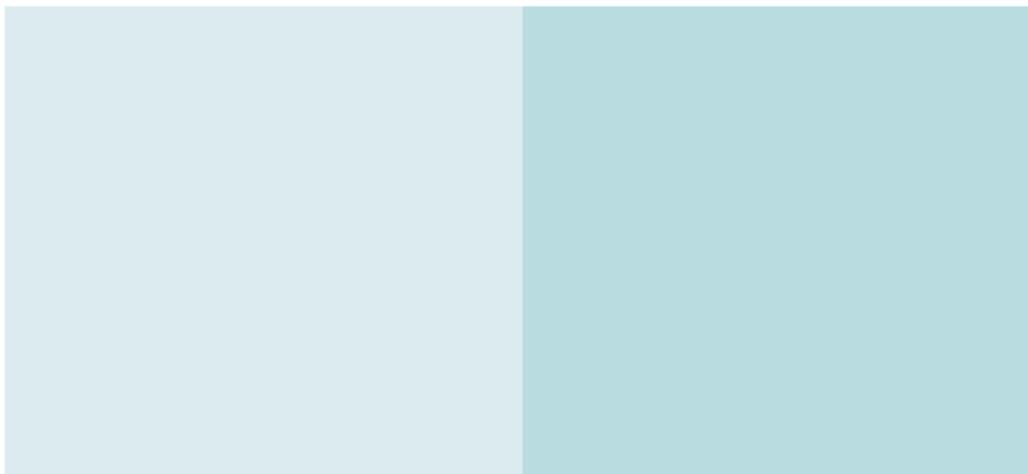
- Increased Creativity
- Increased Inspiration
- Reductions in Creative Burnout
- Fulfillment
- Learning and Enhancing Skills
- Reducing Judgement



CREATIVE REST TIME

THINGS I ALREADY DO

THINGS I COULD DO BETTER



THE GUEST HOUSE

— • —
This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and
invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Rumi

