

Leading with Emotional Intelligence

with Britt Andreatta

Exploring Emotions

Instructions: Download the Feelings Inventory handout from http://www.cnvc.org/sites/cnvc.org/files/feelings_inventory.pdf.

Use it to identify your feelings. In the chart below, mark down brief notes about what you are feeling and why.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Midday							
Afternoon							
Evening							

Looking over the week, what do you notice? Are there any patterns that you see?

Are you experiencing the full spectrum of emotions (i.e., across the range of categories on the handout)? Why or why not?

How can you build more opportunities for feeling your feelings, such as setting a time each day to sit quietly or to go for a walk?

Which feelings are you most comfortable allowing yourself to truly feel?

Which feelings are the most uncomfortable? What do you typically do to distract yourself from those feelings (e.g., eat, watch TV, clean, work)?

What support can you seek for working with your more challenging feelings (such as a therapist or coach)?

Explore the appropriateness of how you express different feelings. Are there any changes you would like to make? How can you develop new patterns for expressing your feelings?