

## Assignment: Three point check-in - Identifying your primary emotions and emotional experience

This assignment can be done anywhere and will help guide you to your true emotional response and your primary emotion. If you learn to know your primary emotion, you can deal with it in a proper way.

### Instructions

Set an alarm 3 times a day. Start by grounding and preparing yourself by taking a couple of deep breaths and close your eyes if possible. Don't rush it and give it some time.

- What is your physical sensation?
- What impulses do you have?
- What thoughts do you have?

What emotion do you think this is?  
Grade the emotion from a strength of 1-5. 1 being mild and 5 being a really strong response.

Impulse	Physical sensation	Thoughts	Emotion	Intensity
I want to distance myself from my colleagues	I am sweating. My face is red.	I am smelling, I don't want them to think bad of me.	Shame	3
