

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

Emotional Identification Worksheet

Family	Fits the facts	Function	Action urge
Anger	Threatened Blocked from goal	Energy burst	Attack
Fear	Danger	Protection	Avoid/run Freeze
Sadness	Loss	Recover/replace Don't lose anymore	Cling to/pine for lost item Withdraw
Joy	Potential benefit for you	Repeat/do more of	Do more of Maximise gains
Guilt	Social crime	Keep in group	Repair
Shame	Social crime Risk expulsion	Keep in group	Hide yourself or your crime
Disgust	Toxic substance	Safe from contamination	Repel or recoil from

Now complete your own specific examples

What happened? What emotion did you feel?	What were the facts of the situation?	What was the function of your emotion?	What was your action urge?