

Emotion Story



Creating or listening to stories is a great way to practice being aware of your emotions.

Find an emotional song or story, or write a story that is emotional. The story should last about five minutes. Read it over and practice nonjudgmental awareness and present moment awareness. Notice thoughts and refrain from judging them. After you finish your story, answer the following prompts:

- 1. Describe your body sensations.**
- 2. What kind of emotions were you aware of while writing/listening to this story? Please list these below.**
- 3. Did you have any negative reactions to these feelings, such as distracting yourself, avoiding, or otherwise trying to get away from your feelings? If so, please note these below.**