

Own your Own Feelings



We may have an aspiration about being happy and there has been much debate about whether we can really be 'happy all the time'. Whether you subscribe to that or not, some element of happiness in our lives will undoubtedly help us deal with the lower days better.

This exercise is designed to help you understand what raises your mood and what lowers it. In tuning in to the people, places or circumstances that influence how you feel, you can develop your ability to manage your emotions and gain more control about what and when you choose to do something.

Of course, there are extraordinary events that can be out of our control, like the death of a loved one, which will undoubtedly contribute to sadness in our lives. This worksheet is focused on times when we 'could' have felt happier and did not. By paying attention to this we can develop our self-awareness and learn what we could do differently in the future.

The more honest and detailed you are in this exercise the greater the benefit.

Thinking about the last 7 – 14 days, make entries in the chart below relating to how happy you have felt.

- ✿ If you are choosing to do this exercise with others, ask them what they remember about how you have seemed to them, talk about times you have been together and how you experienced each other's moods, help each other to recall what you've been doing

Note the date/day on the score that reflects your happiness right now, then mark dates/days on your high and your low scores.
(0 is low and 5 is amazing, could not be better!)

Days						
Score	0	1	2	3	4	5

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Explore your thoughts and feelings about the place, time, people, or events that may have influenced your low score. What could the reasons be?

Explore your thoughts and feelings about your high score, what was it that was different on those days? What was it that made you feel happier?

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Thinking about your life so far, what is the happiest you have been at any time in your life so far? Mark a date or an event if easier for the lowest and the date for the highest.

- ✱ If you are choosing to do this exercise with others, take it in turns to talk about both the low and the high scores in one turn. It can be helpful for the person thinking to talk while the other person listens, asks clarifying questions and takes some notes – refer to the Own your Own Coaching worksheet for some assistance/guidance about how to support each other

Day/ Event						
Score	0	1	2	3	4	5

Explore the details that generated the low score

Explore the details that generated the high score

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It is possible that by now you are starting to see some themes develop about your scores, for example;

- ✱ Do you notice that your lower mood days have been when you have been alone, or rather have not had enough quiet time?
- ✱ Have you better days been whilst learning or with family?
- ✱ Are there particular people that you do feel less or more confident around?
- ✱ Were you were surprised or caught off guard and you are uncomfortable not knowing what is planned?

Have a look back at what you have written and try and identify common themes. If you are doing this exercise with others it can be helpful for one person to read back what has been written for it to be heard in another person's voice

Review the times you felt low – what are the common themes?

Review the times you felt happier – what are the common themes?

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Hopefully, you have uncovered some patterns or themes that can influence your mood. You now have an opportunity to think about what you can do to manage situations in the future. The aim should not be to eliminate completely all negativity from our lives – whilst that may seem preferable it is not entirely possible!

A better, more sustainable approach would be to develop strategies that when practiced regularly can become habits, instinctive and manageable.

How can you get more of what makes you happy?

How can you manage the times/events that you know can lower your mood?