

I AM NOT MY EMOTIONS

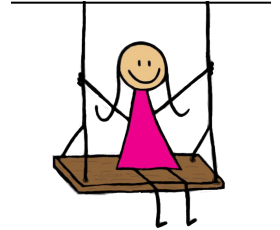
INSTRUCTIONS: What are some things you consistently say about yourself? Example: "I'm so stressed. I'm depressed. I'm unworthy. I can't control my emotions, etc." Write those in the "Identifying" column. Then write a corresponding statement that puts the emotion or feeling outside of you in the "Not Identifying" column, so you're not making them your identity. Below are some examples to get you started.

IDENTIFYING



I am afraid
I am sad
I am depressed
I am jealous
I am stressed
I'm unworthy
I can't control my emotions
I'm a failure
I'm a mistake
I suck

NOT IDENTIFYING



I feel fear
I feel sadness
I feel depression
I feel jealousy
I feel stress
I feel unworthiness
I feel helplessness over my emotions
I failed [at particular objective]
I made a mistake
I haven't learned this skill yet



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IDENTIFYING



NOT IDENTIFYING

