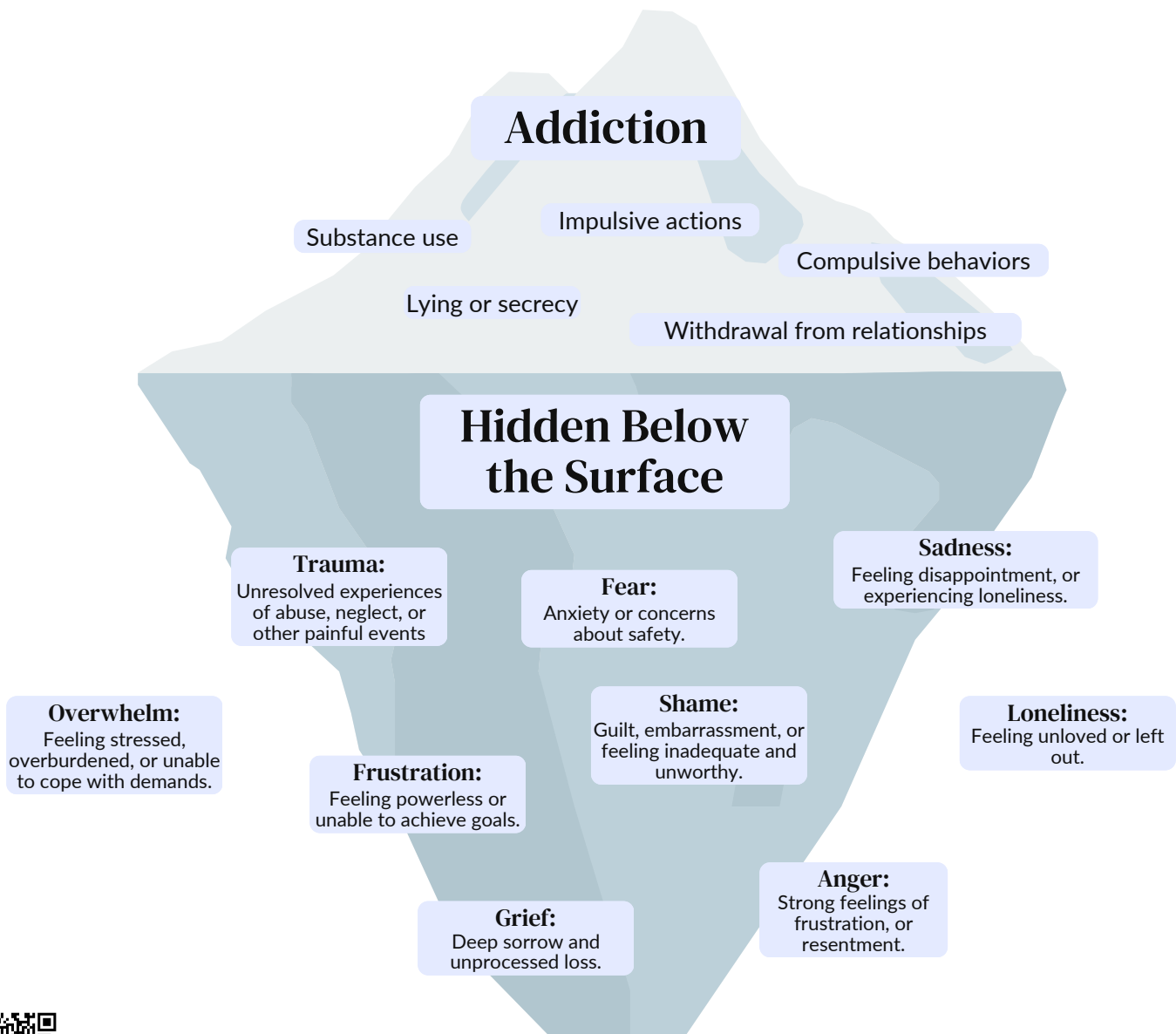


Exploring Your Emotions

Addiction is often a powerful way to numb the deep emotions and unresolved issues lying beneath the surface. While it may seem like a solution in the moment, addiction becomes a harmful coping mechanism –masking feelings like pain, fear, sadness, or shame without truly addressing them. This numbing effect keeps you stuck, avoiding the very emotions that need your attention for healing and growth.

Beneath the surface of addiction lies hidden emotions, unmet needs, and unresolved experiences that drive those behaviors. To overcome addiction, it's crucial to explore these deeper layers and allow yourself to feel and understand the emotions you've been avoiding. By addressing these hidden parts of yourself, you can break free from the cycle of addiction and build a stronger foundation for lasting change.

Addiction is just the tip of the iceberg.



Exploring Your Emotions

This worksheet is designed to help you uncover the emotions beneath your addiction and express them in healthier, more effective ways. By identifying and labeling these underlying feelings, you can gain deeper insight into your emotional state. Regularly using this worksheet will help you track patterns in your emotions and build healthier coping skills over time.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Vulnerable	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Frustration
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Anger
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



Exploring Your Emotions

PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			



PART 3: Explore What Is Beneath the Surface

Examine a recent situation where you turned to your addiction to cope, and explore what was occurring beneath the surface.

What was the situation that triggered you to turn to your addiction?

What emotions were you feeling just before you turned to your addiction?

What unmet needs might have been present in that moment?



Step 4: Develop Healthier Responses

Based on the deeper emotions, consider alternative ways to respond that address those feelings without resorting to anger. What could you do differently next time?

- If possible, physically leave the situation or environment that is triggering you. Distance can help reduce the intensity of the craving and give you time to regroup.
- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Call or text a trusted friend, family member, sponsor, or therapist.

- Engage in something that occupies your mind and body, such as exercising, cleaning, listening to music, or a creative hobby.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Replace negative thoughts with affirming ones like, "This feeling will pass," or, "I've overcome this before, and I can do it again." Reminding yourself of your strength and goals can empower you.
- Think about why you're committed to recovery. Visualize the positive outcomes of staying sober, such as improved health, relationships, and personal growth.

Emotion:

Coping Strategies:

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Emotion:

Coping Strategies:

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Exploring Your Emotions

Emotion:

Coping Strategies:

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Emotion:

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Emotion:

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