

Infidelity Workbook

Understand the triggers and emotions related to infidelity and learn how to manage boundaries and self-care.

Identifying Triggers

Self-Care Inventory

How to Set Boundaries

Plus 3 More Helpful Worksheets

Infidelity Workbook

Experiencing the aftermath of infidelity can feel overwhelming and isolating, especially when emotions surface unexpectedly, leaving you feeling vulnerable and out of control. **This workbook is designed to help you better understand the triggers and emotions tied to infidelity and equip you with practical tools and strategies to manage and heal from them.**

Inside, you'll find a collection of worksheets designed to guide you through identifying emotional triggers, setting healthy boundaries, and rebuilding your sense of self-worth. By working through these exercises, you'll learn how to take charge of your emotions, regain a sense of control, and begin the journey toward emotional resilience and healing during this difficult time.

Identifying Triggers

This worksheet helps you pinpoint specific situations, thoughts, or feelings that lead to intense emotions. By clearly identifying and understanding these triggers, you can create a plan to manage them more effectively.

Self-Care Inventory

The Self-Care Inventory worksheet helps you create personalized strategies to manage the intense emotions tied to infidelity by focusing on self-care practices that support your emotional well-being. By prioritizing self-care, you can build resilience, reduce emotional overwhelm, and regain a sense of control over your healing process.

Setting Boundaries

The Setting Healthy Boundaries worksheet helps you learn to say "no" and establish boundaries that support your well-being. By identifying specific areas in your life where boundaries are needed, you can reduce stress and create a sense of balance. This worksheet will guide you through recognizing situations where stronger boundaries would benefit you and provide practical steps to start setting them.

PLEASE Skill

The PLEASE Skill worksheet guides you through identifying areas where your physical health may be affecting your emotional state and provides steps to improve your overall well-being. By focusing on these foundational self-care practices, you can create a more stable emotional baseline, making it easier to handle difficult emotions and situations effectively.

Overcoming Shame

This worksheet helps you recognize and address feelings of shame tied to infidelity. By exploring these emotions with self-compassion, you can begin to rebuild your self-worth and move forward with greater confidence.

Identifying Emotions

This worksheet helps you pinpoint and understand the complex emotions that arise after infidelity. By clearly naming your emotions, you can begin to process them and develop healthier ways to cope.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Triggers

Understanding what triggers overwhelming emotions after experiencing infidelity is a crucial step toward managing them effectively. **A trigger is any situation, event, or thought that initiates intense emotional reactions, such as anxiety, anger, sadness, or mistrust.** These triggers can be external, like seeing certain places, people, or reminders of the infidelity, or internal, such as specific thoughts, memories, or feelings of insecurity.

Identifying your triggers involves paying close attention to situations where you feel overwhelmed by emotional responses, along with the physical sensations, thoughts, and emotions that arise in these moments. By becoming aware of your unique trauma triggers related to infidelity, you can anticipate and better prepare for them, reducing their impact on your healing process. This worksheet will guide you through the process of identifying and understanding your triggers, helping you develop strategies to manage and cope with them effectively.

PART 1: Identify Triggers

Think of a specific scenario related to the infidelity that triggers intense emotions. Write down the details, then describe the physical sensations, the thoughts that come to mind, and the emotions you feel when it happens.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Triggers

Situation Description	Location	People Involved		
<div>Before</div> <div>1 What were you feeling physically?</div> <div>2 What were you thinking about?</div> <div>3 How did you feel emotionally?</div>			<div>After</div> <div>1 What were you feeling physically?</div> <div>2 What thoughts did you have?</div> <div>3 How did you feel emotionally?</div>	

Situation Description	Location	People Involved		
<div>Before</div> <div>1 What were you feeling physically?</div> <div>2 What were you thinking about?</div> <div>3 How did you feel emotionally?</div>			<div>After</div> <div>1 What were you feeling physically?</div> <div>2 What thoughts did you have?</div> <div>3 How did you feel emotionally?</div>	

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Triggers

PART 2: Identify Patterns

Look for patterns in your triggers.

Are there common themes or situations that trigger intense emotions?

Are there particular physical symptoms that you notice repeatedly?

Are there specific thoughts or beliefs that frequently occur with your emotions?

PART 3: Develop Coping Strategies

Identify coping strategies that can help you manage your emotions in these situations. To learn more about coping skills you can use, scan the QR code below.

Situation Description

Coping Strategies

Situation Description

Coping Strategies

Situation Description

Coping Strategies

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Engaging in regular physical activity such as walking, running, yoga, or strength training. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ensuring you get enough restful sleep each night to rejuvenate your body. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Drinking enough water throughout the day to stay hydrated. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Maintaining good hygiene practices such as bathing, brushing teeth, and grooming. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Attending regular check-ups and following medical advice from healthcare professionals. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Taking time to relax and unwind, through activities like taking a bath and getting a massage. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Limiting or avoiding the use of alcohol, tobacco, and other substances. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Paying attention to your body's needs, such as stretching when tense or resting when tired. |

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

☐ ☐ ☐
☐

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

☐ ☐ ☐
☐

Spending time with friends and family to build support and reduce feelings of isolation.

☐ ☐ ☐
☐

Practicing mindfulness to stay present and manage negative thoughts.

☐ ☐ ☐
☐

Writing down thoughts and feelings to process emotions and gain insights.

☐ ☐ ☐
☐

Keeping a gratitude journal or reflecting on things you are thankful for.

☐ ☐ ☐
☐

Using positive affirmations to counter negative self-talk and build self-esteem.

☐ ☐ ☐
☐

Using music to relax, uplift your mood, or express your emotions.

☐ ☐ ☐
☐

Expressing your emotions through art, music, writing, or other creative outlets.

☐ ☐ ☐
☐

Set achievable goals and celebrate your progress, no matter how small.

☐ ☐ ☐
☐

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

☐ ☐ ☐
☐

Spending time with people you like and make you feel good about yourself.

☐ ☐ ☐
☐

Asking for help from friends or family when you're feeling down or overwhelmed.

☐ ☐ ☐
☐

Learning to say no and establishing boundaries to protect your emotional well-being.

☐ ☐ ☐
☐

Participating in support groups to gain insight and emotional support from others.

☐ ☐ ☐
☐

Participating in clubs or organizations that align with your interests to meet new people.

☐ ☐ ☐
☐

Giving your time to help others in your community to foster connection and purpose.

☐ ☐ ☐
☐

Going to social gatherings, parties, or community events to build your social network.

☐ ☐ ☐
☐

Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

☐ ☐ ☐
☐

Actively listening when talking with others, which helps strengthen your relationships.

☐ ☐ ☐
☐

Scheduling intentional alone time with your romantic partner.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

☐ ☐ ☐
☐

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

☐ ☐ ☐
☐

Stepping away from work to recharge, through daily short breaks and using vacation time.

☐ ☐ ☐
☐

Talking to a supervisor or HR about mental health challenges (if it feels safe).

☐ ☐ ☐
☐

Exploring available support options, such as employee assistance programs (EAP).

☐ ☐ ☐
☐

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

☐ ☐ ☐
☐

Ensuring your work environment is comfortable and conducive to productivity.

☐ ☐ ☐
☐

Establishing achievable work goals and celebrating small accomplishments.

☐ ☐ ☐
☐

Being kind to yourself during work and avoiding excessive self-criticism.

☐ ☐ ☐
☐

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

☐ ☐ ☐
☐

Practicing meditation to connect with your inner self and find peace and clarity.

☐ ☐ ☐
☐

Engaging in prayer or other forms of communication with a higher power.

☐ ☐ ☐
☐

Spending time in nature to experience connection to the world around you.

☐ ☐ ☐
☐

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

☐ ☐ ☐
☐

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

☐ ☐ ☐
☐

Participating in spiritual or religious community activities.

☐ ☐ ☐
☐

Engaging in artistic activities, such as painting, music, or writing.

☐ ☐ ☐
☐

Performing acts of kindness and service to others, fostering a sense of purpose.

☐ ☐ ☐
☐

Acting in accordance with your morals to create a sense of integrity in your life.

☐ ☐ ☐
☐

Spending time with the people who give your life meaning.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

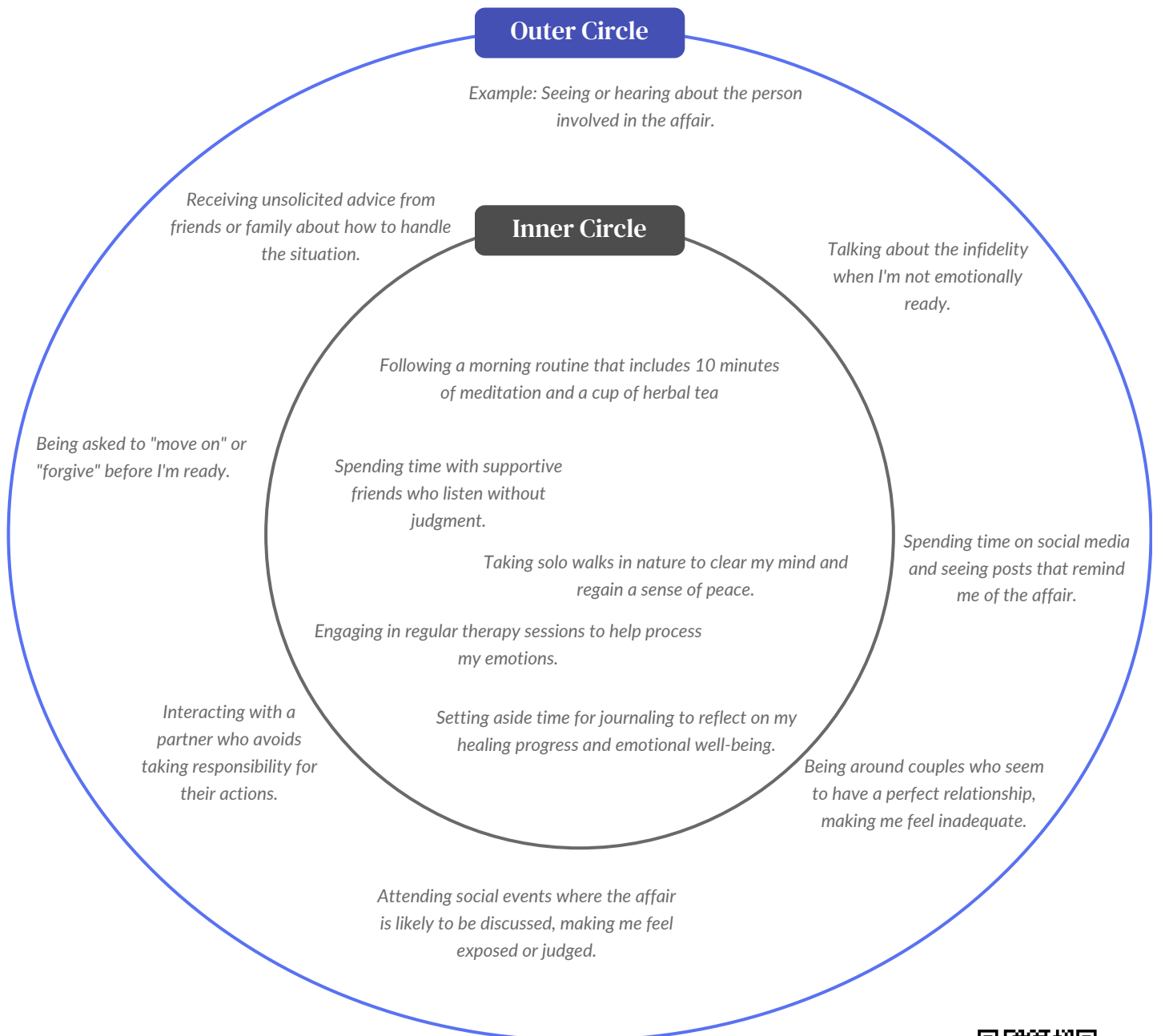


How to Set Healthy Boundaries

Infidelity can shake the foundation of trust and emotional security in a relationship. Setting boundaries is essential for protecting your emotional well-being as you heal. This worksheet will help you identify situations, thoughts, or interactions that cause emotional distress and explore how setting clear, healthy boundaries can support your recovery. **By understanding your emotional needs and creating boundaries, you can protect your mental health, regain a sense of control, and begin the process of rebuilding trust.**

PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



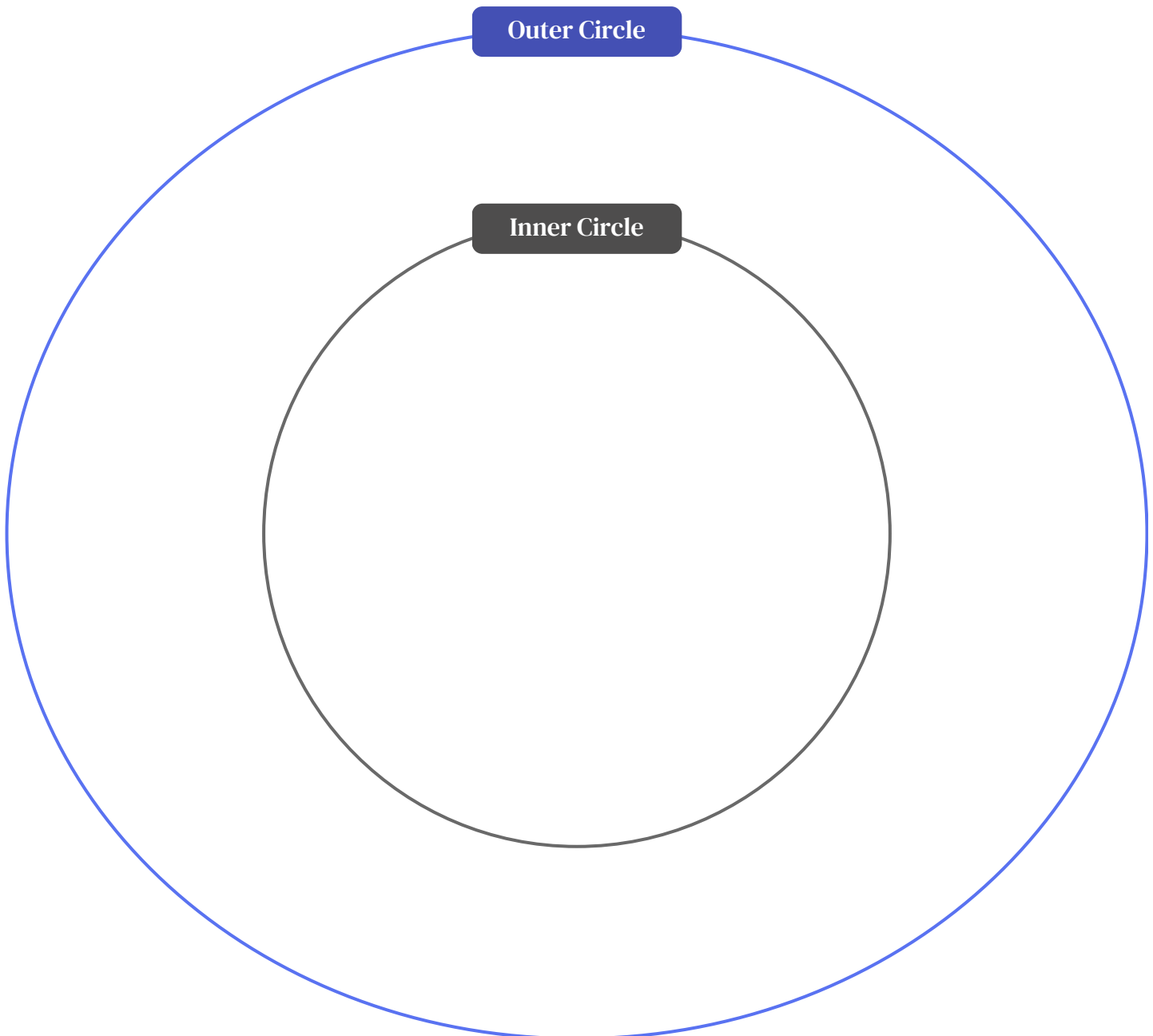
*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



How to Set Healthy Boundaries

PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My partner frequently brings up the infidelity at times when I am not emotionally prepared for the conversation. These unexpected discussions disrupt my efforts to heal and regain a sense of emotional stability. Last week, my partner started a conversation about rebuilding trust just as I was about to have a quiet evening to myself. It completely derailed my plans for self-care and made me feel overwhelmed.

Boundary I will set:

I will have a conversation with my partner to express that I need control over when we discuss the infidelity. I will ask them to check in with me before bringing it up to ensure I'm in the right emotional space. I will emphasize that I am committed to working through our issues, but I need to set aside specific times for these discussions to protect my emotional well-being.

Any potential challenges:

My partner might feel rejected or think that I am avoiding discussing the infidelity. They may perceive my request for boundaries as a lack of commitment to rebuilding the relationship. Additionally, my partner may struggle to understand why this change is necessary if they believe that frequent discussions are helpful for healing, even though I find them overwhelming at times.

How I will handle these challenges:

During our conversation, I will reassure my partner that I am committed to rebuilding trust and working through the infidelity. I will explain that setting boundaries around when we discuss the situation helps me manage my emotional well-being and allows me to fully engage in those conversations when I'm ready. For example, I could say, "I want to make sure we have productive conversations about our relationship, but I need to be in the right mindset. Could we agree to set aside specific times to talk about this, so I can be fully present and not feel overwhelmed?"

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good.

PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.

E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.

A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.

S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.

E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....

.....

.....

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

.....

.....

.....

What challenges did you face and how can you overcome them?

.....

.....

.....

.....

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

Experiencing infidelity can often bring deep feelings of shame—thoughts that tell you you're not good enough, or that somehow you are to blame for what happened. **Many people who struggle with the aftermath of infidelity carry an underlying sense of shame, believing they are unworthy of love, acceptance, or a healthy relationship.** Identifying how shame related to infidelity shows up in your life, and addressing it with self-compassion, can help you rebuild confidence and self-worth.

Through creative exercises like drawing your "shame and betrayal monster" and practicing self-compassion, this worksheet will guide you in exploring feelings of shame tied to infidelity and finding healthier ways to cope. Whether you're new to these concepts or have already begun your healing journey, this worksheet provides a safe space to confront and overcome shame, heal, and empower yourself to move forward with resilience and self-acceptance.

PART 1: Identify Shame

Understanding what shame looks, sounds, and feels like for you is a first step toward healing.

What does shame look like for you?

Is there a particular facial expression or posture you associate with feeling ashamed?

What actions or behaviors do you engage in when you feel shame (e.g., withdrawing, avoiding eye contact)?

What does shame sound like for you?

What are the critical thoughts or phrases that go through your mind when you feel ashamed (e.g., "I'm not good enough," "Why can't I get it together?")?

Do you hear a particular voice (e.g., your own, a parent's, a teacher's) when you experience shame?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

What does shame feel like for you?

How does shame manifest in your body (e.g., tightness in the chest, heaviness, a pit in your stomach)?

How does it affect your energy levels (e.g., feeling drained, wanting to hide)?

PART 2: Draw Your Shame Monster

Drawing your shame monster can help you visualize this emotion and see it as something separate from yourself.

On the blank space provided, draw what your shame monster looks like. It doesn't need to be a perfect drawing; the goal is to capture how you perceive your shame. Think about what colors, shapes, and features represent your shame. Is it big or small? Does it have a voice? Is it looming or hidden?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

PART 3: Journal Questions for Reflection

Journaling can be a powerful tool for processing emotions and shifting your perspective. If journaling feels overwhelming, try setting a timer for maybe 10 minutes, and come back to this part as needed.

What triggers my feelings of shame the most?

How does shame impact my daily life and self-esteem?

What can I do to show myself more compassion when I feel ashamed?

How can I reframe my understanding of a fear of rejection in a way that reduces shame?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

PART 4: Practicing Self-Compassion

Shame often thrives when we are too hard on ourselves. Self-compassion is about treating ourselves with the same kindness and understanding that we would offer a friend.



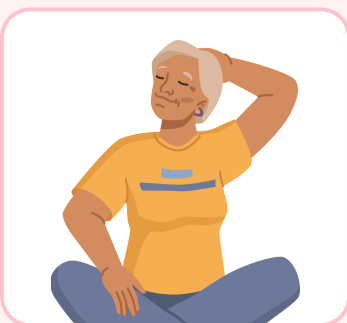
Replace self-critical thoughts with compassionate ones.



Use gentle physical touch to comfort and soothe yourself.



Journal your thoughts and feelings with a focus on self-compassion.



Observe your thoughts and feelings without judgment.



Speak to yourself with the same kindness as you would a friend.



Practice gratitude, focusing on what you appreciate about yourself.



Pamper yourself with some over the top self-care



Surround yourself with people and animals who love you



Protect your well-being by setting boundaries - say no when you need to.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

PART 5: Positive Affirmations & Mantras

Positive affirmations and mantras can be used to counteract shameful thoughts.
Circle one or two that resonate and repeat them daily.

1. I am enough just as I am.
.....
2. I am learning to love and accept myself.
.....
3. Mistakes are a natural part of growth.
.....
4. I am worthy of compassion and understanding.
.....
5. I did my best today, and that's enough.
.....
6.
.....
7.
.....

PART 6: Action Plan

Write down four steps you can take when you notice shame arising. Make the action plan as specific as possible, keeping in mind where you are and what is available to you.

Situation Description #1:

.....

.....

.....

Self-Compassion Practices:

.....

.....

.....

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Overcoming Shame

Situation Description #2:

Self-Compassion Practices:

Situation Description #3:

Self-Compassion Practices:

Situation Description #4:

Self-Compassion Practices:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Your Emotions

This worksheet is designed to help you identify and express your emotions more effectively. **By recognizing and labeling your feelings, you can gain a better understanding of your emotional state and develop healthier ways to cope with and express your emotions.** Use this worksheet regularly to track your feelings and reflect on your emotional experiences.

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	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying 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			

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Your Emotions

PART 3: Reflect on Your Emotions

Answer the following questions to reflect on your emotional experiences.

Which emotions do you experience most often and why?

How do your emotions affect your behavior and interactions with others?

What can you do to better manage your emotions in the future?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

