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Redefining My Emotional Experience

The purpose of this worksheet is to help you redefine a recent difficult experience you had at work in order to 1) understand your emotions and reaction in the situation; 2) reframe the situation; and 3) inform your future approach to challenging work situations.

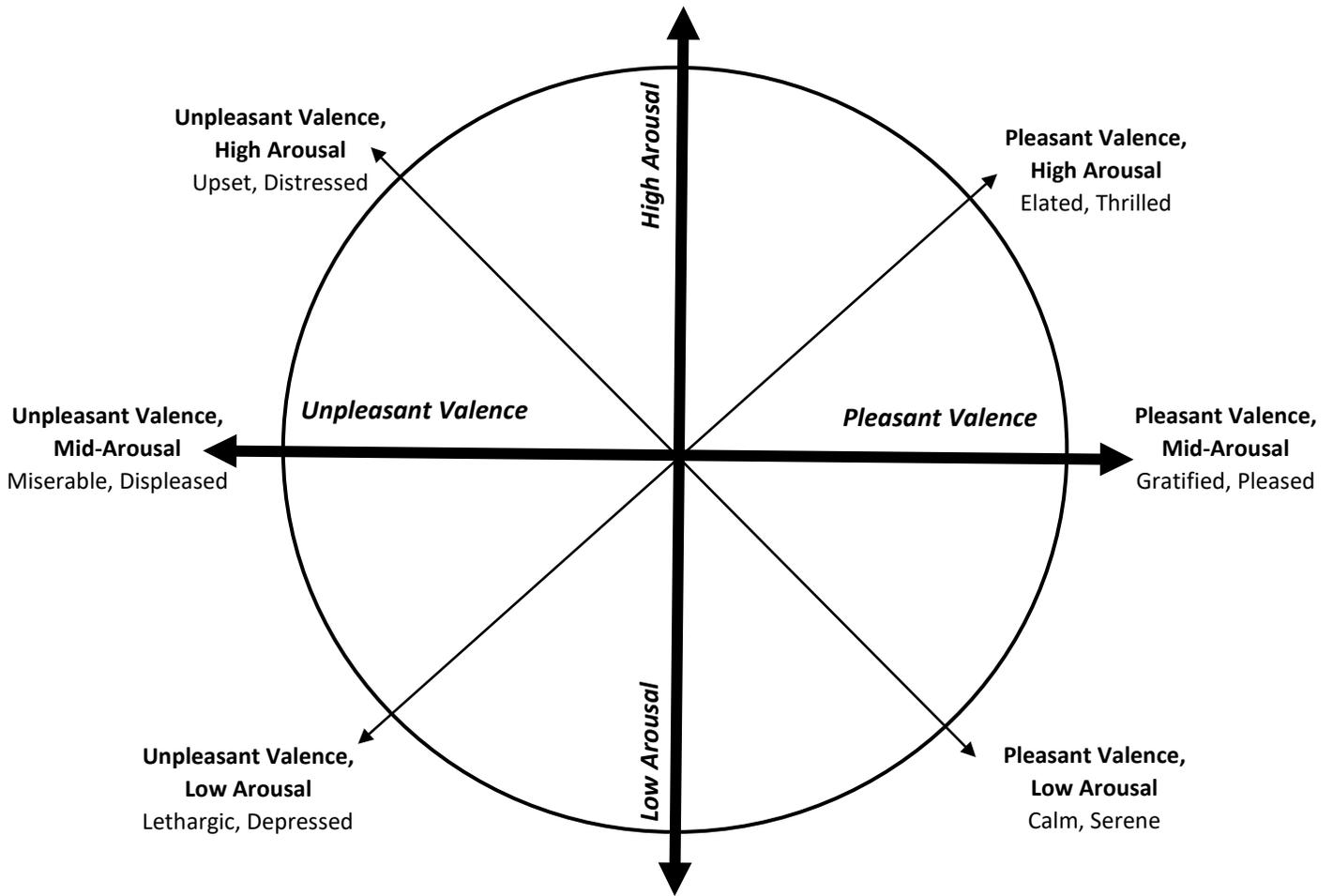
- 1) Think of a recent experience you had at work that elicited strong, uncomfortable emotions for you. Describe the experience below, including how you felt and how you handled the situation.



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- 4) Pinpoint where you think you were on the valence and arousal spectrum on the Affective Circumplex below. Then, using the Emotional Wheel, choose 3-5 emotions that describe how you felt *that you didn't already use in your initial description*.



Emotion Words



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18) Given the exploration you have accomplished today around the challenging incident you experienced, what might you do differently, or in addition to what you did, next time you experience a similar situation or another challenging incident?