



Identifying Underlying Feelings

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This exercise is designed to help you identify the emotions that underlie secondary emotions. Answering the following questions can be particularly helpful when you are feeling “stuck” in a certain emotion.

1. Describe the situation and your emotional response in which you are stuck.
2. Is this your main feeling?
3. Is the emotion you’re stuck in covering another feeling underneath that is difficult to face?
4. What is the other emotion?
5. What do you need from yourself to help you feel it?
6. Allow yourself to focus on the new feelings and needs.
7. What is this new feeling telling you?