

Emotional Development



What is Self-Awareness?

What is Self-Awareness? It’s the ability to recognize your thoughts, feelings, and actions—and understand how they affect you and others.

Self-Awareness
High School

 From an evolutionary perspective, emotions serve adaptive functions. For each primary emotion, identify its primary evolutionary purpose and modern relevance:

Emotion	Evolutionary Purpose	Relevance in Modern Life	Potential Challenges
Fear			
Anger			
Disgust			
Joy			
Sadness			

Comprehensive Emotional Inventory

✓ Expand your emotional vocabulary by identifying more specific ways to communicate each emotion:

Instead of just "**happy**," I might be feeling:

- ☐ Content
- ☐ Joyful
- ☐ Excited
- ☐ Proud
- ☐ Grateful
- ☐ Amused
- ☐ Inspired
- ☐ Hopeful
- ☐ Peaceful
- ☐ Satisfied
- ☐ Enthusiastic

Instead of just "**sad**," I might be feeling:


- ☐ Disappointed
- ☐ Lonely
- ☐ Melancholy
- ☐ Grief
- ☐ Hurt
- ☐ Despondent
- ☐ Discouraged
- ☐ Regretful
- ☐ Hopeless
- ☐ Nostalgic

Instead of just "**angry**," I might be feeling:

- ☐ Irritated
- ☐ Frustrated
- ☐ Resentful
- ☐ Indignant
- ☐ Discusted
- ☐ Contemptuous
- ☐ Enraged
- ☐ Annoyed
- ☐ Jealous
- ☐ Betrayed

Instead of just "**anxious**," I might be feeling:

- ☐ Nervous
- ☐ Worried
- ☐ Overwhelmed
- ☐ Insecure
- ☐ Uneasy
- ☐ Dread
- ☐ Stressed
- ☐ Apprehensive
- ☐ Tense
- ☐ Fearful


 Track both the frequency and typical intensity of your common emotional experiences:

Emotion	Frequency (1-5)	Typical Intensity (1-5)	Typical Duration	Common Triggers

Interoceptive Awareness

✓ Interoception is the sense of your body's internal state. Map how different emotions manifest physically for you.
Check all that apply:

Physiological Indicators	Anxiety	Anger	Joy	Sadness	Shame
Heart Rate / Chest Sensations					
Breathing Patterns					
Muscle Tension / Relaxation					
Stomach / Digestive Sensations					
Temperature Changes					
Energy Level					
Facial Sensations					



Interoceptive Sensitivity Practice

Strengthening your connection to bodily sensations can improve emotional awareness. Try this brief body scan exercise:

1. Sit comfortably and close your eyes

2. Take three deep breaths


3. Sequentially focus attention on different regions of your body

4. Note sensations without judgment


What subtle physical sensations did you notice that you might typically miss?

How might improved interoceptive awareness help you identify emotions earlier?

Cognitive-Emotional Analysis

 Our thoughts and interpretations strongly influence our emotional responses. Analyze each situation:

Situation	Automatic Thought	Underlying Belief	Resulting Emotion
Not getting invited to a social event			
Receiving criticism on work			
Performing well on a challenging task			
Uncertainty about future plans			

 Cognitive distortions are thinking patterns that intensify negative emotions. Identify and challenge one of your common distortions:

Cognitive distortion I frequently experience:


Situations where this typically occurs:

How this distortion affects my emotions:

Evidence that contradicts this thinking pattern:


More balanced or accurate perspective:

Social-Emotional Intelligence

 How effectively do you express your emotions? Assess your typical emotional cexpression patterns:

Emotion	Typical expression Style	Effectiveness (1-10)	Potential Improvements
Happiness / Joy			
Sadness			
Anger			
Anxiety / Fear			
Pride / Confidence			

Are there emotions you find particularly difficult to express appropriately? Why?

 Emotions can spread like a virus, jumping from one person to the next. Analyze this phenomenon in your life:

Whose emotions tend to strongly affect yours?

How do you typically respond to others' strong emotions?

When have you noticed your emotions influencing others?

How might awareness of emotional contagion improve your relationships?

Emotional Intelligence Development Plan



Create a specific plan to enhance your emotional self-awareness:

Area I want to develop further:

Why this matters to me personally and interpersonally:

Daily practice I'll implement:

Tools or resources I'll use:

How I'll track progress:

How I'll apply improved self-awareness to my relationships and goals:
