

Emotional Builders



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
Middle School



Draw a line to match each emotion component to its description:

Personal Experience

A. Observable actions like facial expressions, body language, or things you say and do.

Physiological Response

B. The physical sensations in your body like heart rate, breathing, and muscle tension.

Behavioral Response

C. Your personal feeling and perception of the emotion.



What purpose do these emotions serve? Connect each emotion to its primary function:

Fear

A. Helps us connect with others and build relationships

Anger

B. Signals a threat and prepares us to protect ourselves

Sadness

C. Helps us avoid harmful or unpleasant things

Joy

D. Motivates us to overcome obstacles and defend boundaries

Disgust

E. Helps us withdraw and process loss or disappointment

Emotion Vocabulary & Identification



Basic emotions can be broken down into more specific feelings. Fill in examples of more specific emotions within each family:

Anger Family	Fear Family	Sadness Family	Joy Family	Surprise Family
Irritated	Nervous	Disappointed	Content	Startled
e.g. Frustrated				

Why do you think having a precise emotion vocabulary is important?



Reflect on your typical emotional patterns.
Rate how frequently you experience these emotions (1-5):

1 = Rarely

5= Very Often

Emotional Patterns	Rating
Happiness/Joy	
Anxiety/Worry	
Anger/Frustration	
Sadness/Disappointment	
Stress/Overwhelm	
Pride/Confidence	
Boredom/Apathy	
Interest/Curiosity	
Shame/Embarrassment	
Jealousy/Envy	

Which emotions do you find easiest to identify in yourself?

Which emotions are more difficult for you to recognize?

Physiological Awareness



Our bodies provide important clues about our emotional states.
For two emotions you frequently experience, map the physical sensations:

Emotion 1: _____

Where in your body do you feel it?

Physical sensations (check all that apply):

- ☐ Heart rate changes ☐ Muscle tension ☐ Temperature changes ☐ Breathing changes ☐ Energy level changes

Emotion 2: _____

Where in your body do you feel it?

Physical sensations (check all that apply):

- ☐ Heart rate changes ☐ Muscle tension ☐ Temperature changes ☐ Breathing changes ☐ Energy level changes




Try this brief body scan:

- 1. Close your eyes and take three deep breaths
- 2. Bring attention to your feet and slowly move up through your body
- 3. Notice sensations without judgment
- 4. Open your eyes when you reach the top of your head


What did you notice in your body right now?

How might this practice help you identify emotions earlier?

Cognitive Patterns & Emotions

 Our thoughts strongly influence our emotions. Analyze this connection in your experiences:

Situation	Thoughts Patterns	Resulting Emotion
Getting a bad grade		
Being excluded from a social event		
Receiving praise for your work		
Making a mistake in front of peers		


 These thinking patterns can intensify negative emotions. Check any that you sometimes experience:

- ☐ **All-or-nothing thinking:** Seeing things in black and white categories
- ☐ **Mind reading:** Assuming you know what others are thinking
- ☐ **Personalization:** Blaming yourself for things outside your control
- ☐ **Mental filtering:** Focusing only on negatives and ignoring positives
- ☐ **Catastrophizing:** Expecting the worst possible outcome
- ☐ **Emotional reasoning:** Believing something is true because it feels true
- ☐ **Should statements:** Having rigid rules about how things should be
- ☐ **Overgeneralization:** Viewing a single event as a never-ending pattern


For one checked pattern, provide an example from your experience:

How might recognizing this pattern help you manage emotions differently?

Emotional Triggers & Patterns

 Identify specific situations or events that reliably trigger emotional responses for you:

Emotion	Personal Triggers
Anger/Frustration	
Anxiety/Worry	
Sadness/Hurt	
Joy/Excitement	
Shame/Embarrassment	

 Track your emotions over several days to identify patterns.
Based on what you already know about yourself, answer these questions:

Times of day when my mood tends to be most positive:

Situations that consistently trigger negative emotions:

People who typically influence my emotions (positively or negatively):

Activities that reliably improve my emotional state:

Emotional Intelligence Development Plan



Rate your current abilities in these emotional awareness skills (1-10):

Emotional Awareness Skills	Rating
Recognizing emotions as they happen	
Accurately labeling emotions with specific vocabulary	
Understanding triggers and patterns	
Connecting emotions to physical sensations	
Identifying thought patterns that influence emotions	
Understanding how emotions influence your behavior	
Recognizing emotions in others	



Based on this assessment, identify specific ways to strengthen your emotional awareness:

Area I want to develop:

Why this matters to me:

Specific action steps:

1.

2.

3.

How I'll know I'm improving: