

What Are My Emotions Communicating to Me?

Our emotions are more than feelings we experience or express in response to various situations. They communicate to us valuable information about our values, beliefs, and mindsets. When we discover what our emotions are communicating, we begin to develop a greater understanding about ourselves. This allows us to live out our values and beliefs, change our behaviours, and develop healthier habits. Understanding what our emotions are communicating in the moment can be difficult, which is why self-reflection is important.

Below is a self-reflective exercise that will help you to discover what your emotions are communicating to you about your values, beliefs, and mindsets. Practicing this exercise will help you to discover growth areas in your life and empower you to live out your values and beliefs.

1. Describe the situation and your thoughts at the time:

2. What emotions were you feeling at the time?

3. Which emotion was the most intense and on a scale of 1-100 how intense was the feeling?

4. What do you think triggered these emotions?

5. Which of your values were challenged or compromised in this situation? (e.g. control; excellence; reliability)

6. What beliefs about yourself or others were challenged? (e.g. I cannot do something; I do not know how to do something)

7. How did you respond and was your response a pattern of behaviour?

8. How could you have responded differently?

9. What values, beliefs or mindsets do you need to change? (e.g. instead of believing that you can't do something, believing that with time and practice you can learn to do something new)

10. What can you do to help bring about change over time? (e.g. mindfulness; prayer; grace towards yourself)

11. Who can help keep you accountable on your journey of growth?

12. What emotions do you feel now, and do you feel them as intensely as before?