

## Emotions Exercise

This exercise is to take stock of your emotions. For each emotion are you mostly releasing, repressing or dumping them on someone else? What works best for you when it comes to releasing emotions, such as crying, intense physical activity, talking to a trusted friend or professional.

### Sadness

Released, repression or dumped?

What works best for you when you are sad?

### Anger

Released, repression or dumped?

What works best for you when you are angry?

### Fear

Released, repression or dumped?

What works best for you when you are afraid?