

# UNDERSTANDING EMOTIONS WITHOUT JUDGMENT

Coach with Rhonda, LLC

EMOTION 1: \_\_\_\_\_

EMOTION 2: \_\_\_\_\_

EMOTION 3: \_\_\_\_\_

Name the top 3 emotions you experience on a daily basis.

Before trying to eradicate an uncomfortable emotion, get curious about it.

Pick one emotion from above to understand how you feel about it.

Use your emotion as a C

C-

T-

F-

A-

R-

Repeat this process with the other emotions listed above.

In what areas of your life do you try to avoid this emotion?

How is trying to avoid this emotion influencing the decisions you make daily?

Can you appreciate why you sometimes experience this emotion?

Let's Investigate

Explore with Compassion

Appreciate it.

Why does it make sense that your mind and body are offering this emotion to you, at this time in your life?

**Remember. If you can appreciate your feelings, without judgment, you can use them for your good.**

Need more help? [Schedule a consult here](#), to learn how we can work together.