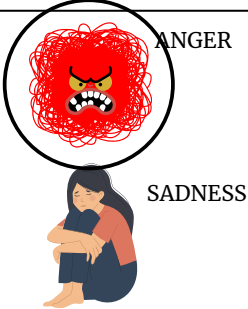

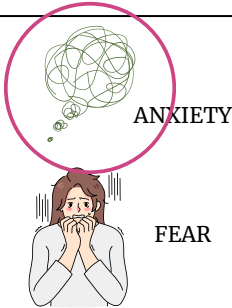
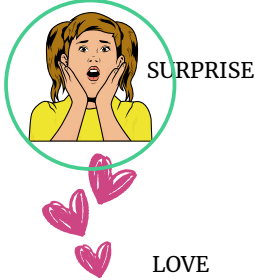








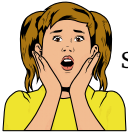



EMOTIONS WORKSHEET

How to use this worksheet.

Circle the emotion + response that correlated to it with ONE color. Then, afterwards, make notes about it. No judging. Just observing. If you want full context on all RESPONSES, you'll find them via the [Chopra Ayurvedic Health Certification Program](#).

| EMOTION | RESPONSES | NOTES |
|---|--|---|
|  <p>ANGER</p> <p>SADNESS</p> | <p>FIGHT-FLIGHT-FREEZE</p> <p>REACTIVE</p> | <p>I felt angry, and immediately got reactive.</p> |
|  <p>HAPPINESS</p> | <p>RESTFUL AWARENESS</p> | <p>I got super anxious when I was around too many people today. This caused so much internal stress and the fight-flight-freeze to become activated. I also noticed that I was bloated almost instantly then.</p> |
|  <p>ANXIETY</p> <p>FEAR</p> | <p>INTUITIVE</p> <p>CREATIVE</p> | <p>I was surprised by an unexpected gift. So I used that to transfer the positive energy into >> "How can I share this action and give the same genuine to surprise to someone sle?"</p> |
|  <p>SURPRISE</p> <p>LOVE</p> | <p>VISIONARY</p> | |
|  <p>DISGUST</p> <p>JOY</p> | <p>SACRED</p> | |

EMOTIONS WORKSHEET

| EMOTION | RESPONSES | NOTES |
|--|--|--------------|
|  ANGER  SADNESS | <p>FIGHT- FLIGHT- FREEZE</p> <p>REACTIVE</p> | |
| <p>HAPPINESS</p>  | <p>RESTFUL AWARENESS</p> | |
|  ANXIETY  FEAR | <p>INTUITIVE</p> <p>CREATIVE</p> | |
|  SURPRISE  LOVE | <p>VISIONARY</p> | |
|  DISGUST  JOY | <p>SACRED</p> | |