

IDENTIFYING EMOTIONS

PURPOSE

This worksheet can be used to help the client understand that emotions are part of the human experience. The client can use it to identify what their emotions are and to generate ideas about what they could do to cope with their emotions without engaging in problematic substance use.

INSTRUCTIONS

Look at the word list and select the emotions that are triggering and lead to problematic use.

Happy	Shame	Humiliated
Sad	Remorse	Disgust
Joy	Love	Enraged
Fear	Lonely	Other:
Anxious	Embarrassed	Other:
Scared	Grateful	Other:
Guilt	Hurt	Other:

PROBLEM SOLVING

Emotion	Coping Strategy
