

Self-Evaluation Guide for Emotions

This week's activity will help you in understanding your emotions, your reactions and the deeper meaning behind them. Like we discussed in the blog, Emotions play a major role in our lives. So if you manage to understand them well, and gain at least some amount of control over them, you're setting yourself up for Peace and Satisfaction. Do these activities with honesty and consistency, and you will start seeing the difference in your life. So, let's start.

ACTIVITY – TRACK YOUR EMOTIONS

We experience several emotions throughout the day. Many a times we fail to notice them. Tracking what you feel results into a heightened sense of awareness which will be quite useful when getting control over your actions and reactions. Here's how you can create your personal Emotion Tracker.

1. Create a small notebook. Throughout the day at regular intervals, try giving special attention to which emotion you're experiencing in the moment. Is it Happiness, Anger, Sadness or Fear? Also try to notice whenever an incident occurs when you feel a sudden rush of any emotion. Make mental notes of all this along with your reaction to these emotions.
2. At the end of the day, review it. Write down all the situations, the emotions that you felt and your reaction to them. For example,
Defeated my friend in a videogame – Happiness – Teased him for losing, laughed loudly
Got shouted at by my mother – Sadness/Anger – Argued with her
Exam dates announced – Fear – Worried, Sweated and Procrastinated
And so on.
3. You can try the Meditation technique which was provided in our second blog! You can find it [here](#).
4. At the end of every week, review your entries throughout the week. What all emotions did you experience? Which was the most frequent emotion? Is there any pattern in your reactions to certain emotions/situations?
5. Reflect on how these emotions/reactions are affecting your lifestyle.
6. Try taking a second opinion about a few things. Try asking a trustworthy friend/relative/family member about the reaction in question and see how they feel about it.
7. Once you have clarity, move on to our Golden Question. Why? Continue to ask yourself this question to understand the origins of your reaction.
8. Now, the answers you find to these questions are going to help you find a solution to your problem. Once you know the origins of your reactions, you complete the circle of awareness.

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9. The last step is to make a new plan. A new way of dealing with the situations you find yourself in.
10. After going through the lengthy process of Assessment, now comes the time to apply what you learnt from it. Use all your knowledge and wisdom and put in efforts to see the change you want to see in yourself. See if your methods are working well. If they do, then congratulations! It's time to go deeper and find new things to work on. If they don't, go back to Assessment and work on new methods.

When you effectively Become Aware, Accept, Assess and Apply, your relationships will get stronger, you will achieve mental peace, you will be more productive and energetic along with so many other things!