

Tracking Emotions Worksheet

Date:

Time:

Behavior, Trigger, Trauma: (what is it)
Reaction: (how it plays out in real time, fight, flight, freeze, fawn etc)
Judgment: (judgment of self, others, or bullet name, etc)
Feeling: (Angry, Sad, etc)
Belief or Limiting Story: (justifications, blame, defending, explaining, etc)

Emotional Work Session Time:

Layer of the Bullet: (memory or emotion in the body, etc)
Feelings expressed: (anger, sadness, etc)
More details of the pull:
Testing Behavior Rating 1-10/10:

