

# GIVEN UP FOR EMOTIONS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The purpose of this form is to help you become more aware of what you have given up to reduce or eliminate your emotions. What opportunities in the service of your values are you giving up in the service of feeling less emotion? How is this affecting your ability to perform better and enjoy your competitive/work world more?

<b>Situation</b>	<b>Emotion</b>	<b>How controlled</b>	<b>Short-term gain</b>	<b>Long-term loss</b>
e.g. Criticised by teacher	e.g. Shame	e.g. Acted as if didn't care	e.g. Felt less shame	e.g. Chance to improve

(Adapted from Gardner & Moore, 2007)

