

# WEEK 4

## REFLECTION & APPLIED PRACTICE



5-7 MINUTES

Handout **Emotion Log** (page 83)

We're almost out of time, but before we go, let's take a minute to reflect on the topics we've discussed today.

- I would like you to notice and log your emotions each day for the next week.
- Throughout each day, notice your emotions and their intensity. On the log, identify which emotions you feel. Feel free to write in any other emotions you may be feeling that are not listed in the "other" section.
  - It can be helpful to also note what you or someone else was doing at the time you experienced the emotion.
- At the end of each day, write down what emotional regulation strategies you used.
- Keep the handouts and action plan you so you can share them with your PO and continue to use them.



### DISCUSSION

What would you like to discuss in more depth, such as a confusing topic or activity before we wrap up today?

As we mentioned at the beginning, we would love your feedback!

- What are some skills we talked about today?
- How do you feel this will/won't help you understand and manage emotions?

- What did you learn today that was most helpful?
- What were your favorite and least favorite parts of today?

**Note:** *If time doesn't allow for discussion, Facilitator should pass out the "Take Home Impressions" handout (found in handout section for this week). Please take your time and complete this worksheet, because it will help you to reflect on what you learned in this session. Please bring it with you to our next meeting and share your responses with your group leader.*