

MY EMOTIONAL MAP WORKSHEET

Understanding my feelings, where they come from, and how they show up in my life.

1. How I Have Been Feeling Lately

Check or circle any emotions you have experienced recently:

Positive / Neutral

- Calm
- Hopeful
- Grateful
- Connected
- Confident
- Curious

Challenging

- Stressed
- Sad
- Lonely
- Overwhelmed
- Tired
- Worried
- Angry
- Confused

Other emotions I want to name:

2. Where Do I Feel Stress or Emotion in My Body?

(Place an X on the body outline OR write it down)

- Headaches
- Tight chest
- Nausea or stomach tension
- Back or shoulder tension
- Tired eyes
- Fast heartbeat
- Body feels heavy
- Trouble sleeping

Other sensations:

3. What Situations Trigger These Feelings?

Examples:

- “Being alone for too long,”
- “School pressure,”
- “Family expectations,”
- “Health issues,”
- “Financial stress,”
- “Feeling misunderstood,”
- “Memories from home.”

Write your own:

1 _____

2 _____

3 _____

4. What Helps Me Feel Better or Supported?

Choose all that apply:

- Talking to someone I trust
- Spending time with community
- Listening to music
- Going for a walk
- Resting / taking a break
- Prayer or spirituality
- Deep breathing
- Journaling
- Sitting in silence
- Hugging someone
- Helping others

Other things that help:

5. My Cultural or Family Influences

Growing up, I learned to:

(Choose all that apply)

- Hide my emotions
- Be strong
- Stay quiet about personal issues
- Rely on family
- Keep problems inside the home
- Trust God or spirituality
- Push through difficulties

Now, I want to:

- Learn new ways of coping
- Share more openly
- Understand my emotions better
- Build healthier relationships
- Break generational patterns
- Honour my culture while growing

6. Three Words That Describe My Emotional Health Today

1

2

3

7. One Thing I Want to Improve About My Emotional Health

Write Here:

8. My Mental Health Support Circle

Write names or roles of people who support you:

Family: _____

Friend / Peer: _____

Elder / Youth / Mentor: _____

Community Group (CBSF, church, etc.): _____

Professional Support (if any): _____