

EFT Therapy Worksheet

Fill the table related to your emotional reactions in your relationships. Think and write some of the healthy or positive responses that you could use in situations like these.

| Write about a negative or distressing emotion that you have felt lately | What was the reason or what was the situation that led to this emotion | While having this emotion, what physical sensations did you feel in your body? | How did this emotion affect your behavior? | How did the behavior influence your relationship with the person present in the situation? | Think of some of the healthy or positive responses that you could use in this situation? |
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