

Joy	Interest	Surprise	Sadness	Shame	Fear	Anger	Contempt
Inner Peace	Curiosity	Shock	Heartache	Self-Worth	Danger	Frustration	Fed Up
Peaceful ☐	Curious ☐	Shocked ☐	Hurt ☐	Inadequate ☐	Afraid ☐	Frustrated ☐	Spent ☐
Content ☐	Inquisitive ☐	Stunned ☐	Aching ☐	Inferior ☐	Frightened ☐	Irritated ☐	Jaded ☐
Calm ☐	Wondering ☐	Startled ☐	Crushed ☐	Worthless ☐	Alarmed ☐	Annoyed ☐	Worn Down ☐
Relaxed ☐	Fascinated ☐	Blindsided ☐	Devastated ☐	Defective ☐	Frozen ☐	Impatient ☐	Irritable ☐

Self-Worth	Openness	Confusion	Emptiness	Exposure	Worry	Injustice	Disappointment
Confident ☐	Receptive ☐	Confused ☐	Hollow ☐	Humiliated ☐	Tense ☐	Wronged ☐	Discouraged ☐
Proud ☐	Responsive ☐	Bewildered ☐	Drained ☐	Ashamed ☐	Anxious ☐	Cheated ☐	Dismissed ☐
Accepted ☐	Trusting ☐	Disoriented ☐	Empty ☐	Exposed ☐	Nervous ☐	Betrayed ☐	Ignored ☐
Capable ☐	Adventurous ☐	Perplexed ☐	Incomplete ☐	Embarrassed ☐	Apprehensive ☐	Resentful ☐	Unappreciated ☐

Looking Forward	Engagement	Disbelief	Isolation	Rejection	Vulnerability	Outrage	Disconnection
Hopeful ☐	Alive ☐	Numb ☐	Lonely ☐	Neglected ☐	Weak ☐	Furious ☐	Distant ☐
Optimistic ☐	Enthusiastic ☐	Speechless ☐	Alone ☐	Unwanted ☐	Helpless ☐	Enraged ☐	Detached ☐
Encouraged ☐	Eager ☐	Baffled ☐	Deserted ☐	Excluded ☐	Powerless ☐	Violated ☐	Cold ☐
Assured ☐	Motivated ☐	Dazed ☐	Ungrounded ☐	Shunned ☐	Defenseless ☐	Fuming ☐	Indifferent ☐

Satisfaction	Connection	Uncertainty	Heaviness	Self-Doubt	Uncertainty	Defensiveness	Criticism
Happy ☐	Caring ☐	Unsure ☐	Hopeless ☐	Insecure ☐	Doubtful ☐	Defensive ☐	Critical ☐
Cheerful ☐	Connected ☐	Lost ☐	Defeated ☐	Uncertain ☐	Hesitant ☐	Offended ☐	Negative ☐
Delighted ☐	Affectionate ☐	Unprepared ☐	Weary ☐	Incapable ☐	Torn ☐	Provoked ☐	Complaining ☐
Pleased ☐	Compassionate ☐	Wavering ☐	Exhausted ☐	Imposter ☐	Conflicted ☐	Prickly ☐	Blaming ☐

Fulfilment	Energy	Instability	Mourning	Self-Blame	Avoidance	Bitterness	Hardening
Blessed ☐	Creative ☐	Unsettled ☐	Longing ☐	Guilty ☐	Cautious ☐	Grudging ☐	Callous ☐
Grateful ☐	Inspired ☐	Shaken ☐	Tearful ☐	Sorry ☐	Guarded ☐	Hostile ☐	Cynical ☐
Appreciated ☐	Passionate ☐	Unanchored ☐	Gloomy ☐	Regretful ☐	Withdrawn ☐	Vengeful ☐	Unforgiving ☐
Complete ☐	Empowered ☐	Disconnected ☐	Broken ☐	Remorseful ☐	Avoidant ☐	Simmering ☐	Closed Off ☐

X5 =

X5 =

X5 =

X5 =

X5 =

X5 =

X5 =

X5 =

P	_____		Notes
A	_____		Notes
C	_____		Notes
E	_____		Notes



	P	A	C	E	
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

- It's not about
- Pretending everything is okay.
 - Forcing yourself to feel happy.
 - Ignoring your emotions.

It's about choosing your next step.



Disputing Our Emotions



Justice		Notes
Loyalty		Notes
Protection		Notes
Identity		Notes
Certainty		Notes
Connection		Notes

The Four Steps to Emotional Freedom



Detach

1	6
2	7
3	8
4	9
5	10
Total	

--

**You can't heal what you don't recognize.
Before anything can change, you must
honestly acknowledge what you're feeling
without judging or avoiding it.**

--

**Understand the story, the beliefs,
and the needs beneath your emotions.
Curiosity replaces judgment
and creates understanding..**

--

**Grounding, healthy boundaries, self-care,
and creating balance are all ways
we learn to regulate our emotions
rather than react to them.**

--

***Emotional freedom grows when
you stop letting emotions make
your decisions and begin choosing
responses that reflect your values.***



Emotional Processing Guide

*Feel It
Understand It
Learn from It
Grow Beyond It*

Emotion Category	Sadness Shame Fear Anger Contempt
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Specific Emotion	
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P A C E	Positive		PACE Score
	Active		
	Comfort		
	Empowered		

What triggered this emotion?

How strong is this emotion? (1-10)

What do I think I need right now?

What is this emotion trying to tell me?

--

What is one small step that would raise my PACE score?
--

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Why Am I Holding On?

Justice	Someone Needs to Pay	
Loyalty	It Feels Like Betrayal	
Protection	My Pain Keeps Me Safe	
Identity	It's Just Who I Am	
Certainty	The Unknown is Scariest	
Connection	It Keeps Me Connected	

What story am I telling myself?

--

Is there another way to see this?

--

Why am I holding on?

--

What Do I Need to Work On?

Recognize	Identify	Recognize my feeling
	Feel	
	Accept	
Understand	Curiosity	Understand my feeling
	Discovery	
	PACE	
Regulate	Ground	Create calm around my feeling
	Breathe	
	Pause	
Choose	Perspective	Choose how I will respond
	Values	
	Agency	

What Can I Control?

What is Beyond My Control?

What Do I Need to Let Go Of?

What Values Do I Want to Live By?

What is my next healthy step?

What is My Goal?

Peace Reconciliation Closure
Understanding Forgiveness Freedom
Clarity Connection Hope Joy Purpose

What Do I Need to Practice?

Acceptance		Understanding	
Forgiveness		Responsibility	
Boundaries		Compassion	
Communication		Patience	
Courage		Trust	