Module:



**Emotions**

Reflective log questions:

Think of a time you felt emotionally overwhelmed:

What were the triggers?

What were your thoughts?

What were your feelings/emotions?

What did you feel in your body? Where?

Write a reflective log about the incident.

What happened?

How were you impacted?

What would have helped?

Reflective log:

Module:



**Emotions**

Reflective log (continued):