



Given Up for Emotions Form

Initials _____ Date _____

The purpose of this form is to help you become more aware of what you have given up to reduce or eliminate your emotions. **What opportunities in the service of your values are you giving up in the service of feeling less emotion?** How is this affecting your ability to perform better and enjoy your competitive/work world more?

In the first (far left) column, list a situation related to practice, training, or actual competition/work that triggered a strong emotion. In the second column, write down the specific emotion that was experienced and how strongly (0 = none, 10 = severe). In the third column, record what you did to reduce or satisfy your emotion. In the fourth column, write down what immediate effect your efforts to control or reduce your emotion had on you. In last (far right) column, write down the long-term consequences of your efforts to rid yourself of these emotions (what you gave up to reduce or satisfy your emotion).

Situation or Event	Emotion (Rating)	What You Did to Control the Emotion	Emotion (Rating) & Short-Term Effect	Long-Term Effect
Criticized by coach	Angry (7/10)	Thought over and over about him being a jerk. Stayed quiet and took an "I don't care" attitude. Thought about friends	Felt less angry (4/10), but uninvolved in practice	Looked even worse in coach's eyes, didn't practice well, looked like I was pouting, didn't further my goals