

WELCOME TO YOUR

# EMOTIONAL GARDEN WORKSHEET



TO RECAP  
THE 6 HUMAN EMOTIONS ARE

1. Joy
2. Anger
3. Grief
4. Discontentment
5. Contentment
6. Fear

HEALING WITH LOVE

## LET'S PLANT!

To the right, you will see each emotion listed. This is the space you can take to briefly describe your **current relationship** with each core emotion. This includes how much of the emotion you currently have in your life, how you feel about it, and how you currently express it (or not). Details can include what you do when each emotion arises, and any secondary emotions.

### **Example: Joy**

*"I do not find I have a lot of joy in my life as I used to. I am very stressed within my relationship and job. When I do have moments of joy, I express it by laughing and having fun with my friends."  
Secondary emotions: happy, love, freedom.*

### **Example: Fear**

*"I feel I am very fearful, anxious and worried. When I feel this I tend to eat sweets and avoid exercise. I notice I do not socialise and just want to be alone. Sometimes I cry and sleep a lot."  
Secondary emotions: anxiety, paranoia.*

HEALING WITH LOVE

**1. Joy** \_\_\_\_\_

**2. Anger** \_\_\_\_\_

**3. Grief** \_\_\_\_\_

**4. Discontentment** \_\_\_\_\_

**5. Contentment** \_\_\_\_\_

**6. Fear** \_\_\_\_\_

HEALING WITH LOVE

# NOW IT IS TIME TO WATER & FERTILISE!

Every garden needs sun, water and fertiliser. We do this within our emotional garden by creating the safe space to connect with and explore each of the 6 Human Emotions, and all the secondary emotions within them. Choose one of your core emotions to begin doing your emotional garden upkeep.



*I am of the opinion that we all have something to heal. Healing only becomes possible when we feel.*

Through is the only way out, when we are talking about emotional healing. We cannot go around, over, under or all together avoid any one of the emotions; well we actually can, but then we stay stuck. Stuck = unhappy.

## WHAT WE RESISTS, PERSISTS!

The more we run, the more stuck we will get. There is a reason you are here right now reading this. Take it as a sign to lean in and do the work. Remember that you are supported. You are heard. You are seen and most of all

## YOU ARE WORTH IT!

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### WAYS TO EXPRESS YOUR EMOTIONS IN A RESPONSIBLE WAY:

#### SCREAM!

Chances are you have screamed or yelled when you are angry. That is great! You are using your voice. What is NOT great is when you scream or yell at someone else. We call this an *irresponsible expression*. I recommend screaming with your most deep, primal voice into a pillow or under water. Set your timer for 10 minutes, and really BE WITH the emotion. This can work with ANY emotion. Once your garden is maintained, you can simply do this one time per week for regular "upkeep". To start you can do it 3-5 times per day.

#### TALK!

Sometimes we can talk it out, and that is a release. It is important to ensure you are talking to someone who is not bias to your situation. For an example, I wouldn't go speaking to someone if I know they didn't like the person I was having the situation with causing me anger. This can also include a professional counsellor or therapist.

#### WRITE!

Keep an Emotions Journal, and revisit your *Planting Exercise* above. You can do this every night before you go to bed. Once a week - check your progress to see what is working and what is staying the same.



*Use your voice!*



*Take it to a pillow.*



*Intentionally Journal.*



*Take it to the water.*



*Confide in a trusted friend.*



*Seek professional help.*