

Negative Emotion Inventory

INSTRUCTIONS

For each of the Six Zones of Communion, record the negative emotion that most regularly arises in relation to that Zone.

Then, briefly note the belief or thought the typically accompanies that emotion.

If none, state "none."

See Kick-off Lesson for examples.



CONTRIBUTION

Emotion

about belief or thought

CONNECTION

Emotion

about belief or thought

SELF IMAGE

Emotion

about belief or thought

SAMPLE EMOTIONS

Anxiety	Hopeless	Anger
Fear	Frustration	Guilt
Loneliness	Jealousy	Resentment
Self-doubt	Envy	Despair
Sadness	Grief	Overwhelm
Impatience	Powerless	Regret
Worry	Disappointment	Shame

SELF EXPRESSION

Emotion

about belief or thought

ABUNDANCE

Emotion

about belief or thought

HEALTH

Emotion

about belief or thought

Awakening Inspiration

Use this Worksheet to connect with the inspiring effects of a sustained yoga practice.

Select a negative emotion from the previous worksheet and follow the directions in each box.



1

My Selected Negative Emotion is...

2

One area of my life that is regularly affected by this emotion is...

- | | | |
|--------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Children | <input type="checkbox"/> Career | <input type="checkbox"/> Family |
| <input type="checkbox"/> Community | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Other _____ | | |

3

When I am experiencing this negative emotion, this area of my life is affected by...

4

When I am FREE of this negative emotion, this area of my life is improved by...

5

I therefore dedicate my practice to...
