

The Art Of Emotional Health

Week One Worksheet

1. What do the words, “emotional health” mean to you?
2. How will you know when you have it?
3. What is your most common coping mechanism when life’s not going quite the way you want it to? Is there a theme?
4. What does it look like from the outside and how does it feel in your body?
5. What effects in your life have you seen that coping mechanism create?
6. What response does your coping mechanism get from other people? What does it stimulate in them?
7. What is the response that most damages your emotional health and relationships?