

clarity**Point**coaching

The Emotional Autopsy Worksheet

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You and you alone are responsible for how you feel, react and behave in every situation. Before you respond to anything you may want to step back and perform an emotional autopsy on what you are feeling and why. This will help you to understand what is going on in your head and heart, and choose the best response.

What is this situation I am experiencing?

What am I feeling about this?

Why am I feeling this way?

What are these feelings here for?

Why am I upset and is upset a choice?

What are my other options?

What am I afraid of? Is this real? How could I choose trust and love?

What could this situation be here to teach me?

What could this be showing me about myself?

How could I turn this situation into an achievement and become a better person for it?

What are my options to respond to this?

Are they fear or ego motivated or love, trust, wisdom motivated? (Ask this about each option)

What response feels right to me?