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## Emotions Worksheet

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**Instructions:** For each emotion below, rate the degree of difficulty you have dealing with these feelings without using alcohol or drugs. Then, choose the two emotions that present the most difficulty in your recovery and identify strategies for coping with them.

0 ————— 1 ————— 2 ————— 3 ————— 4 ————— 5  
None                      Low                      Moderate                      Severe

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Emotion	Degree of difficulty coping with emotion (0–5)
1. Anxiety and worry	_____
2. Anger	_____
3. Boredom	_____
4. Depression	_____
5. Feeling empty—like nothing matters	_____
6. Guilt	_____
7. Shame	_____
8. Loneliness	_____

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Feeling or emotion	Coping strategies
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