

Tangled Emotions

SOAR Therapy · Dr. Nan Kurz, LPC

A worksheet for finding the separate strands inside one big feeling.

Emotions rarely arrive one at a time. Anger braided with hurt, relief knotted with guilt — when feelings tangle together, they can read as one overwhelming blur. Naming each strand is how the knot begins to loosen.

1 The knot

Briefly describe the situation that stirred this up.

2 Name the strands

List each emotion you can detect — even faint ones. Rate the intensity of each.

EMOTION	WHERE I FEEL IT IN MY BODY	INTENSITY (0–10)

Word bank: angry · anxious · ashamed · disappointed · grieving · guilty · hopeful · hurt · jealous · lonely · numb · overwhelmed · relieved · resentful · sad · scared · tender · trapped

3 Follow each strand

The loudest emotion right now is _____

The oldest, most familiar one is _____

The one I'd rather not admit to is _____

4 What is it asking for?

Every emotion carries a message. What is the strongest strand asking for — from you, or from someone else?

5 One gentle next step

Not a fix — just one small, kind thing you can do with what you now know.

You don't have to untangle everything at once. Naming the strands is the work.

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