Inner Smile
MIRACLE

Emotional Clarity Worksheet

Use this when you feel confused about what you're feeling.

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1. **Dominant emotion right now:**

2. **Where do I feel this emotion in my body?**

3. **What need is behind this emotion?**

   (safety, rest, to be seen, love, etc.)

4. **What small thing can I do today to honor this need?**

5. **What would I say to my best friend if she felt exactly like this?**