



# Just Observe Exercise Worksheet 1

The challenge this week will be to observe when you are merging and “taking on.” Keep a journal or diary to record your observations. Here’s some questions to help you.

1. When you visit a place or a website, how do you feel before and after you visited?
2. After you watch a movie, were you negatively affected?
3. When you feel sudden emotions or feelings, observe them quietly and note down the details.
4. Were there any times you felt sudden emotions or feelings and then a friend or relative called you upset?
5. Have you ruled out low blood sugar and other possible physical symptoms?

## LOOK FOR SYMPTOMS YOU ARE TAKING IT ON:

- you are reactive emotionally
- you might be triggered to do compulsive behaviors
- you have sudden moods and emotions
- you feel boxed in

*TIP: When you pick up on feelings and thoughts, just see them as energy that can float on by.*



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