

## Worksheet: Emotion Labeling & Processing Tool - Jealousy, Insecurity, and Resentment

This worksheet helps you move from emotional reactivity to insight by identifying what specific digital behaviors triggered your feelings, and what those feelings may be trying to tell you. It supports clearer communication, emotional safety, and the development of appropriate boundaries.

Think of a time when you felt a strong emotional reaction to your partner's digital behavior. This could be something like: *They liked several photos of someone attractive, shared a post that felt flirty or dismissive, replied to someone's DM late at night, kept certain messages or accounts private, etc.*

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### Step 1: Name the emotion

Use the space below to process that moment. Start by circling any emotions that have come up in response to your partner's digital behavior:

- Jealousy / Insecurity / Resentment / Shame / Loneliness / Anger / Other: \_\_\_\_\_

### Step 2: Reflect and write

- How did it make you feel, emotionally and physically? \_\_\_\_\_

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- What story did your mind start telling you? \_\_\_\_\_

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- What need, fear, or vulnerability might this be connected to? \_\_\_\_\_

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- What would help you feel more emotionally secure going forward? \_\_\_\_\_

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- Is there a conversation or boundary that could restore trust or reduce future distress?

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