

THE EMOTIONS BOUTIQUE

This is an exercise in emotional imagination

Think of the last time you overspent and briefly describe the situation (where you were, what you were feeling, what you bought – be specific, how much you spent, etc.).

Why did you spend that money? Buy those particular things?

What were you feeling in the moment before you shopped? Describe the feeling. Name the feeling. Notice how long it lasted and where you felt it in your body. Notice the intensity.

Why did you feel the way you did? What caused it?

Think about how you felt after you spent the money and describe it. Why did you feel this way?

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Think about how you felt the next day. Describe it and why you felt this way.

If you charged your purchases on a credit card, describe how you felt when you received the credit card statement in the mail. Why did you feel this way?

From the list of emotions on the next page, select 5 positive emotions and 5 negative emotions. Put them into the shopping carts below.

5 Positive Emotions

5 Negative Emotions

Why did you select each of the emotions you selected?

5 Positive Emotions

5 Negative Emotions

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Positive Emotions You're Willing To Feel

Curious	In control
Empowered	Freedom
Encouraged	Peace
Hopeful	Love
Exhilarated	Amazed
Excited	Wonder
Delighted	Proud
Joyful	Content
Confident	Blessed
Self-love	Trusting
Security	Inspired
Commanding	Powerful

Negative Emotions You're Willing To Feel

Shame	Boredom
Fear	Frustration
Insecurity	Disappointment
Guilt	Anger
Self-hatred	Self-doubt
Stress	Burdened
Anxiety	Out of control
Overwhelmed	Pressured
Defeated	Weak
Trapped	Helpless
Discouraged	Worried
Annoyed	Disgusted