

Depleting Situation Exercise

This worksheet supports **Lesson 1 - Video 3** and helps you build awareness of how stress and energy depletion show up *specifically for you*.

There are no right or wrong answers. The purpose is **awareness, not fixing**.

Step 1: Identify a Depleting Situation

Choose **one situation** that reliably drains your energy. It can be:

- something current or recent
- something recurring
- mildly stressful rather than overwhelming

Depleting situation / event:
(Describe it briefly and factually)

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Step 2: Mental Reaction (Inner Dialogue)

Notice what typically goes through your mind in this situation.

This includes:

- thoughts
- judgments
- assumptions
- inner commentary

What do you usually say to yourself?

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Step 3: Emotional Reaction

Now notice the **emotions** that arise.

You don't need to be precise — a few words are enough.

Examples: irritation, anxiety, frustration, sadness, resentment, pressure, worry.

What emotions do you feel in this situation?

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Step 4: Physical Sensations

Bring attention to your body.

Notice any sensations associated with this situation.

Examples:

- tight jaw
- shallow breathing
- heaviness in the chest
- tension in the shoulders
- knots in the stomach

What sensations do you notice in your body?

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Step 5: Reflection (Optional)

Without analysing or changing anything, simply reflect:

- What do you notice about the connection between your thoughts, emotions, and body?
- Does this pattern feel familiar?

Brief reflection:

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Why This Exercise Matters

Stress often feels as though it *just happens* to us.

This exercise helps you see your **personal stress pattern** — the specific way your system responds under pressure.

This awareness becomes the foundation for:

- emotional self-regulation
- coherence practice
- building resilience and capacity

You'll return to this insight as you learn techniques in the lessons ahead.

You don't need to solve anything here.

Awareness is enough.