



**UNEARTHING**

# Buried Emotions

**WORKSHEET**

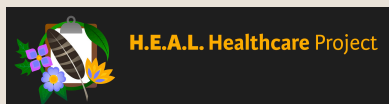
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 Introduction

This worksheet guides you to delve into emotional depths and uncover insights. Observe and compare your own situations to that of the horses as they unearth the triggers between themselves and the people who are with them.

3H-HEAD HAND HEART EQUINE  
ASSISTED LEARNING

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# Discover

Observe the horse-person teams in the video to guide you through a deep reflection process, uncovering your own emotional landscape.

## **OBSERVATION:**

Describe an incident from the video where the horse-person team had a strong reaction. Look carefully at everything - the body language of the person and the horse. Were any words said? How were their bodies positioned? What there tension in the muscles? Describe what happened.

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## **TRIGGERS:**

What specific event or moment triggered this emotion? Was it a word, an action, a thought or something else? Was the horse feeling safe? What about the person?

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# Dig Deep

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## **RECOLLECTION:**

Describe a recent situation where you felt a strong emotion. What happened? Who was there? How did you react?

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## **PHYSICAL SENSATIONS:**

When the horses felt emotion in the video, they had a physical reaction in their bodies. When you felt the emotion in the scenario above, what physical sensations did you notice in your body?

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## **PAST REFLECTION:**

Can you recall an earlier time in your life when you felt a similar emotion? Describe that situation.

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# Discover the “Why?”

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## **UNDERLYING BELIEFS:**

What beliefs or thoughts about yourself or the world might be linked to this emotion?

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## **PATTERNS:**

Have you noticed any patterns in what triggers this emotion? Are there common themes or situations?

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## **SUPPORT SYSTEMS:**

Who or what makes you feel supported when you experience strong emotions like the ones you have described above?

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# Build Compassion

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## **COPING MECHANISMS:**

List three strategies you've used in the past to cope with strong emotions. How effective were they?

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## **DESIRED REACTION:**

If you could go back to the recent situation you described, how would you ideally want to react? Was there any wisdom you could take from the horses and people in the video to help?

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## **SELF-COMPASSION:**

Write a note to yourself from a compassionate friend's perspective, addressing the emotion(s) you felt.

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# Change Can be Good

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**FUTURE STRATEGIES:**

Based on your reflections, list three new strategies you'd like to try when faced with a similar emotional trigger.

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**GROWTH:**

Do you feel your understanding of difficult emotions will evolve over time?

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# Wrap it up with Gratitude

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**GRATITUDE:**

Identify something positive that has come out of experiencing this emotion.

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**AFFIRMATIONS:**

Create three affirmations to remind yourself of your strength and resilience when facing strong emotions.

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