

Tree of Emotions Worksheet

Name: _____ Date: _____

This exercise helps you explore and organize your emotions across past, present, and future using the metaphor of a tree. It encourages reflection, emotional insight, and a sense of continuity and growth.

Step 1: Draw Your Tree

In the space below, sketch a tree with roots, trunk, and branches. You don't need to be an artist. Simple shapes and lines work perfectly.

Step 2: Connect Emotions to the Tree

Now use the tree you just drew to connect your emotions.

Roots – Past Emotions

Reflect on emotions rooted in past experiences. Write or draw them among the roots. These emotions represent past experiences that might be the roots of your current emotional states.

Trunk – Present Emotions

Focus on what you feel right now in your body and mind. Represent these emotions in the trunk. The trunk is stable, supporting, connecting past and future.

Branches – Future Emotions / Hopes

Consider emotions you anticipate or hope to feel in the future. Draw these on the branches. These are emotions that are open, growing, and reaching outward.

Prompt Questions

How might your past emotions influence what you feel now?

How does noticing your present emotions help you plan or hope for the future?

Are there emotions you'd like to nurture or release as you move forward? If so, what might they be?

Step 3: Reflection

- Take a few mindful breaths while observing your tree.
- Notice the continuity and growth in your emotional landscape by tracing the roots, trunk, and branches.
- Imagine emotions flowing through the tree naturally, like nutrients and sap.

Reflection Questions

What stands out most in your Tree of Emotions?

Does visualizing emotions in this way affect your awareness or sense of emotional balance? If so, how?

Step 4: Integration & Practice

Revisit your Tree of Emotions periodically to notice changes or growth. Consider adding colors, symbols, or notes as emotions shift over time. If you wrote emotions on the leaves, which leaves would you shed, and which would you choose to keep?

Notes / Observations Over Time:
