

# Tuning Into Emotion Workbook

*Your*   
**Songmaker**

*Disclosure: This workbook will walk you through a variety of emotions. Please note, if you need help while working through these emotions, please contact a licensed therapist. Additionally, if you feel as though you are wanting to hurt yourself, call 911 or go to your nearest emergency room.*

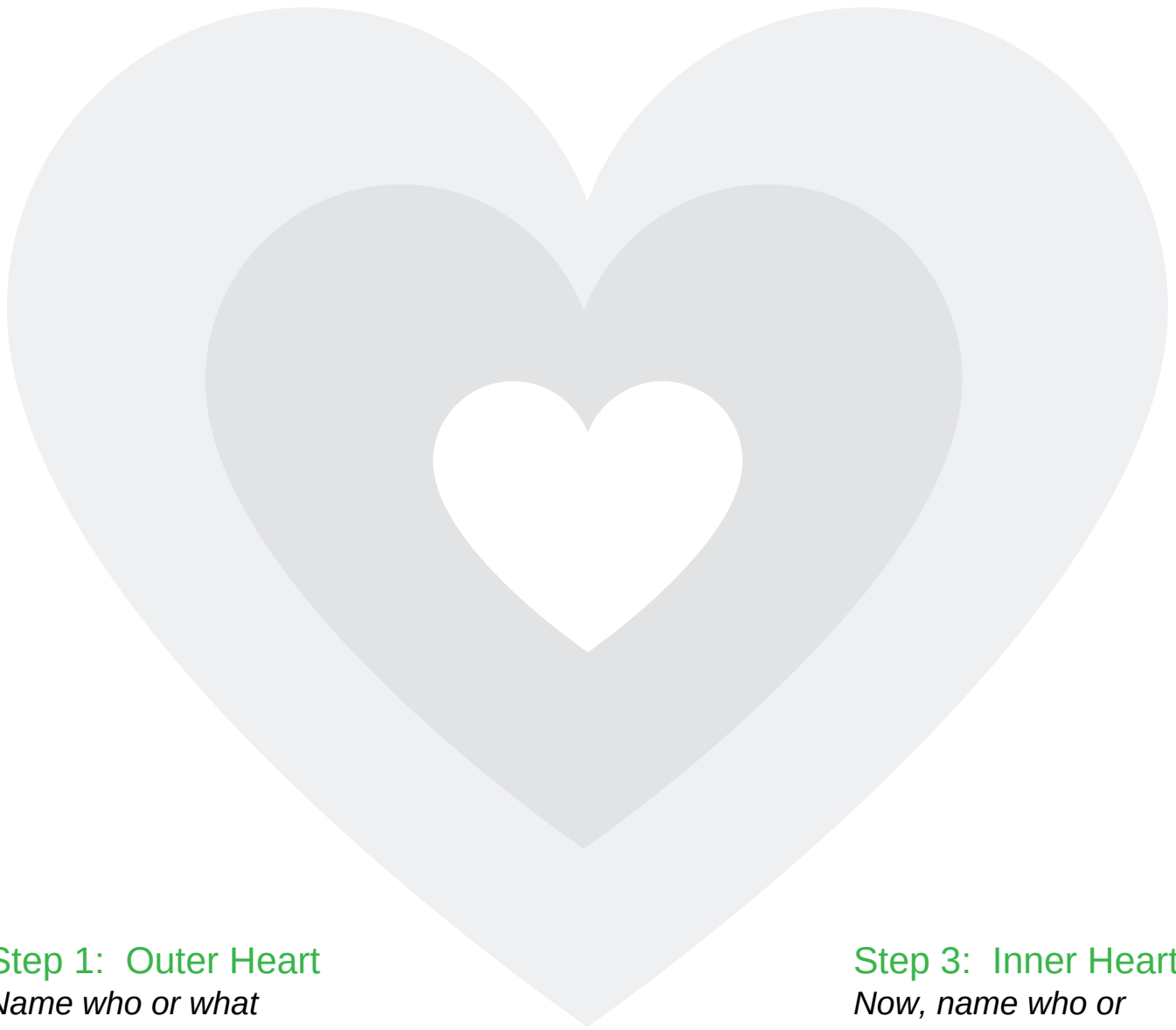
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## Love

*"Love is in the air"*. This exercise is designed to make you think about love. Think of these hearts as the intensity in which you love. Use the steps below and write your responses within the layers of the heart.



### Step 1: Outer Heart

*Name who or what you love in your life. There can be a number of people or things that go into this layer.*

### Step 2: Middle Heart

*Take a look at that layer and narrow it down to who or what you love and consider close. Write those people or things into the second layer of the heart*

### Step 3: Inner Heart

*Now, name who or what you love the most and write those people or things into the center of the heart.*

# Grief

This exercise will make you think about the grief that you have experienced in your life. The idea behind this activity is to make you think how your grief can aid you in writing your song lyrics.

## Step 1: Identify Loss

*Name the different types of loss you have experienced in your life. These things could include death, relationships, jobs. You decide what fits here for you.*



## Step 2: Identify People

*Name different people in your life who you have lost. Again, this can be due to death or the end of a relationship. You decide who these people are for you.*



## Step 3: Identify Most Difficult Loss

*Name the most difficult loss for you. This should be the loss that you feel has impacted you the most in your life*

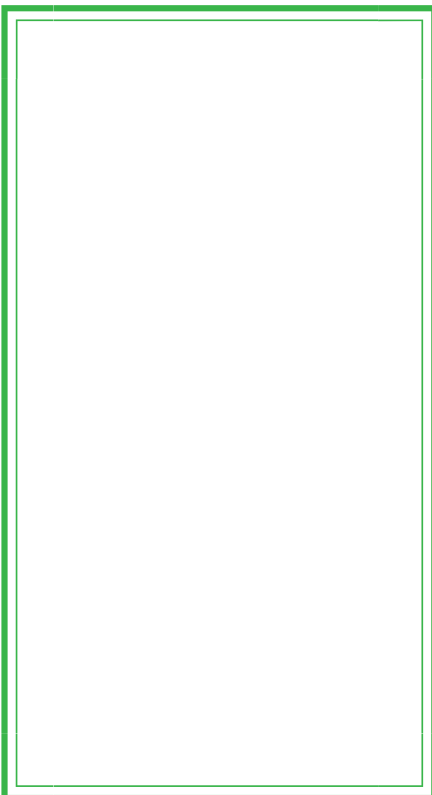


# Happiness

This exercise is designed to make you think about the things that make you happy. How can that happiness be incorporated into your lyrics?

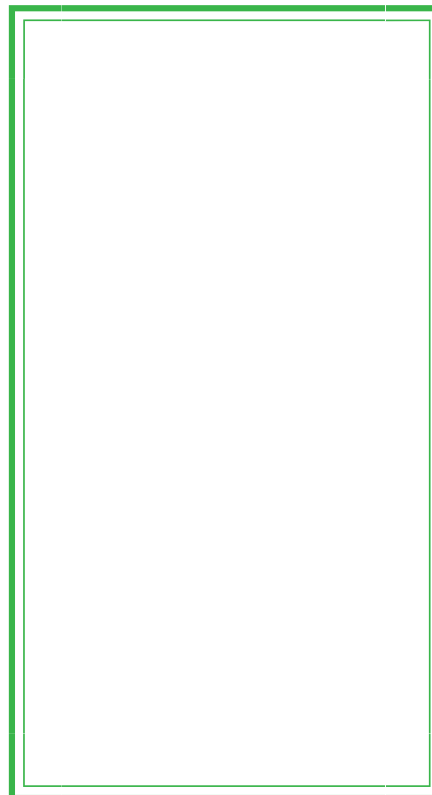
## Step 1: Identify Who

*Think about who in your life makes you happy. Write down that person or persons,*



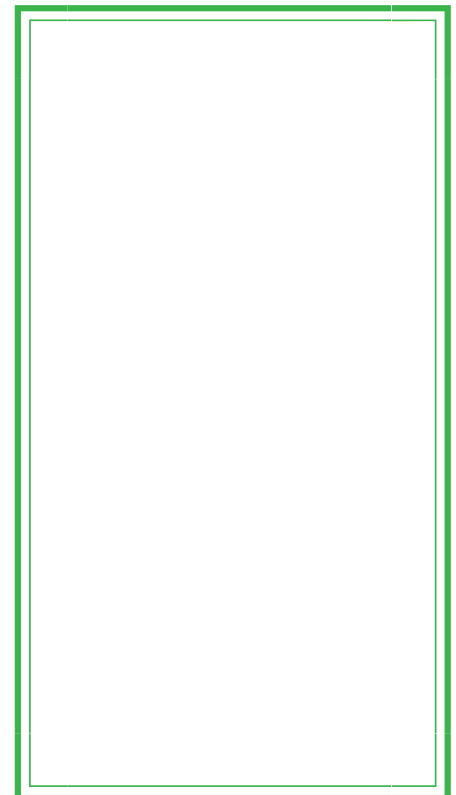
## Step 2: Identify What

*Think about what makes you happy. This could include places, actions, or things. Write those down.*



## Step 3: Identify When

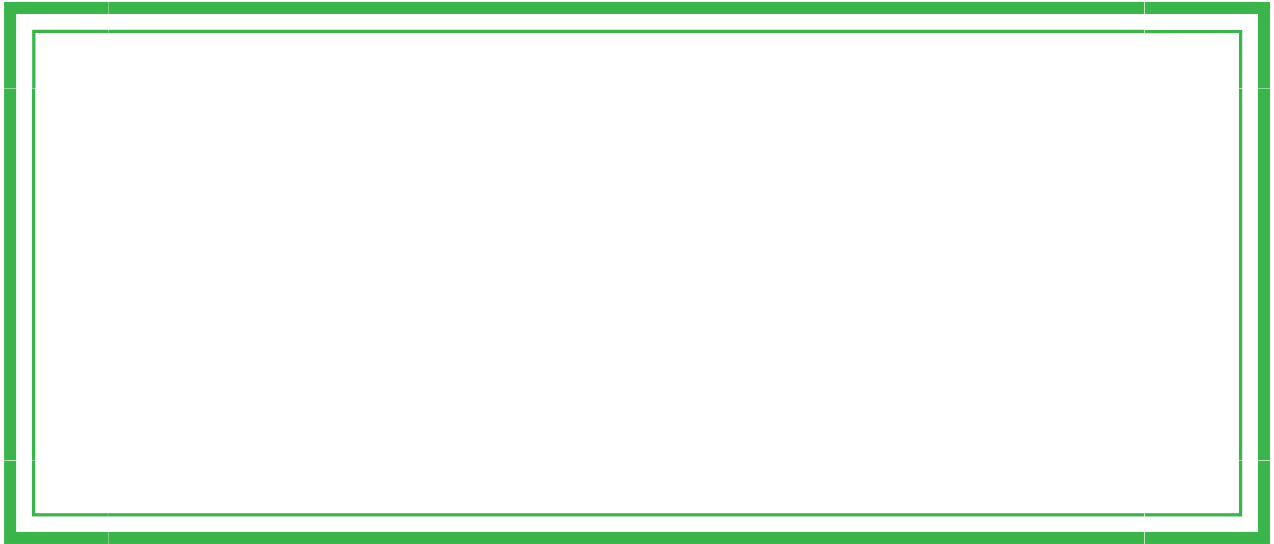
*Think about when you are happy. This could be times of day, seasons, or doing a particular activity. Write those down.*



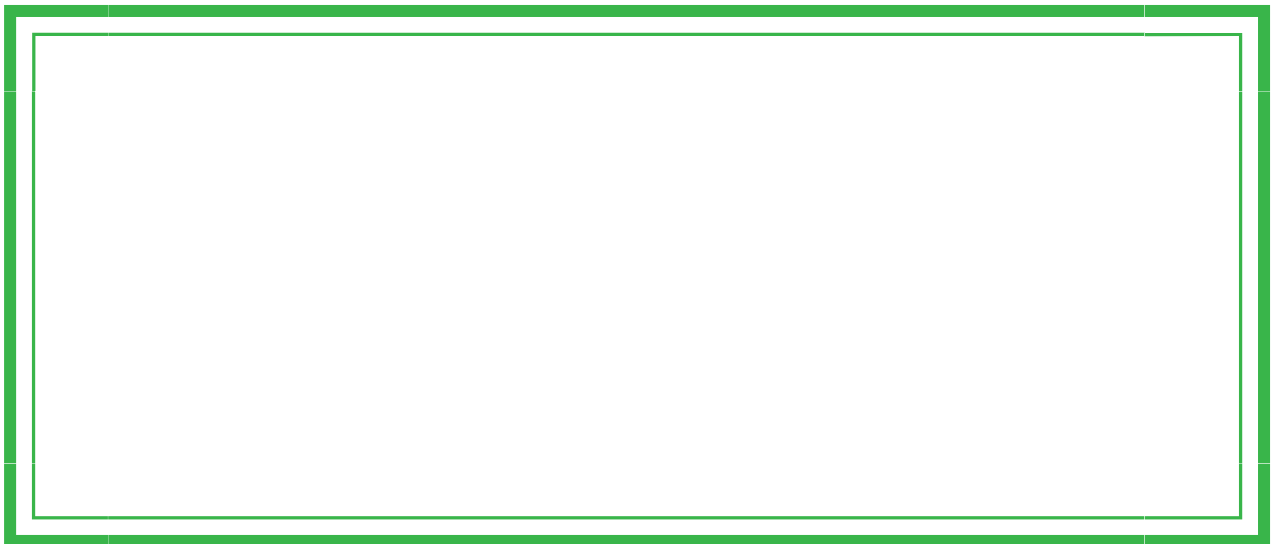
## Sadness

*"Sad Songs Say So Much"* In this exercise, you will think about what makes you sad or what is making you sad at this moment. Take some time to process these questions below and write down your answers.

What makes you sad or is currently making you sad?



What are the details surrounding what what makes you sad or is making you sad?



## Angry

In this exercise, you will think about what makes you angry or what is making you angry right now. Take some time to process these questions below and write down your answers.

What is makes you angry  
or is making you angry  
right now?

Write down the details  
surrounding one of the  
items that make you angry

## Excitement

*"I'm so excited! And I just can't hide it!"* In this exercise, you will think about what makes you excited! Take some time to process these questions below and write down your answers.

Think of three times when you were excited. Write them down in the blocks below and why those times were exciting to you.

1

3

2