

Emotional Permanence Worksheet

Emotional permanence refers to the ability to maintain an emotional connection to others and understand that feelings towards someone can remain constant, even when they are not physically present or during moments of conflict.

1. Reflect on Your Feelings: Think about a recent time when you felt disconnected or doubted someone's feelings towards you when they were not around. Describe the situation and how you felt.

2. Identify Triggers: What specific events, words, or actions trigger your feelings of emotional impermanence? List them.

3. Current Coping Strategies: How do you currently cope with these feelings of doubt or disconnection? Are these strategies helpful or harmful in the long run?

4. Memory Lane: Recall and list down three instances where someone's actions demonstrated their care and affection for you, especially at times when you weren't expecting it.

5. Emotional Anchors: Identify objects, photos, messages, or mementos that remind you of the positive aspects of your relationships. Describe why each item is significant.

6. Positive Affirmations: Write down affirmations that reinforce the continuity of others' feelings towards you, even in their absence. Example: "Even when we are apart, the love and respect we have for each other remain strong."

7. Expressing Needs: Outline effective ways you can communicate your need for reassurance in relationships without feeling burdensome.

8. Plan Regular Check-ins: Schedule regular check-ins with loved ones, friends, or partners, especially during times you're apart, to maintain emotional connection and reassurance.