



Name: _____ Week Starting: _____

Select a current or recent emotional reaction and complete the questions below. If there is more than one emotion surrounding the event, fill out a separate sheet for each emotion.

Emotion: _____ Intensity (0-100): _____	
Prompting Event for my emotion (who, what when where): What started the emotion?	
Interpretations (beliefs, assumptions) of the situation:	
Body Changes and Sensing What am I feeling in my body?	
Body Language What is my facial expression? Posture? Gestures?	
Action Urges What do I feel like doing? What do I want to say?	
What I Said or Did in the situation (be specific):	
What After Effect does the emotion have on me (state of mind, behavior, thoughts, body)?	
