

WORKSHEET: UNDERSTANDING AN EMOTIONAL EXPERIENCE

Your name: _____

****Remember to maintain an attitude of friendly curiosity****

Day and time: When did this happen?	
Describe the situation: What happened that triggered your emotion?	
What emotions did you feel? (underline the strongest)	
Intensity of the strongest emotion: (1-10)	
What thoughts or images were going through your mind?	
What sensations did you notice in your body?	
What did you feel like saying or doing (urges)?	
What did you say or do (behaviour)?	
Secondary emotions:	