

WORKSHEET: Understanding an Emotional Experience

Your name: _____

Remember to maintain an attitude of friendly curiosity.

<p>Day and time When did this emotional experience happen?</p>	
<p>Triggering event Describe the situation that triggered your emotion.</p>	
<p>What emotions did you feel? Underline the strongest emotion.</p>	
<p>Intensity of the strongest emotion (1–10)</p>	
<p>What thoughts or images were going through your mind?</p>	
<p>What sensations did you notice in your body?</p>	
<p>What did you feel like saying or doing? (urges)</p>	
<p>What did you say or do? (behavior)</p>	
<p>Secondary emotions</p>	