

EMOTION LOG

EMOTIONS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEAR							
ANGER							
JOY							
SADNESS							

What is your name for the emotion?

What it a sudden onset of a feeling or of a more enduring mood?

Do you have body sensations with your emotion?

Did thoughts come to your mind?

Did you act or feel like doing or expressing something?

What brought on the emotion or mood?

What information is your emotion giving you?