

EMOTION LOG

INSTRUCTIONS

Put a checkmark or color the box next to the emotions you feel daily (it can certainly be more than one!) and rank the emotion on a scale from 1 to 10 (1 = felt this emotion very little; 10 = felt this emotion an overwhelming amount). If you felt an emotion other than those listed, write the emotion in the "Other" section and rate it on a 1 to 10 scale.

	HAPPY	ANGRY	SAD	ANXIOUS	CALM	AFRAID	OTHER (SPECIFY)
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

At the end of the week, think back to any emotion regulation skills you used (e.g. listening to music, sharing your emotion with someone else, exercise, etc.). If you used any skills, write them below:

Did you find them helpful? Why or Why not?
