**Emotions Journal**

**Identify:** (What emotion do I feel?)

What intensity do I feel this emotion at? (0-10 scale; 10 being the most intense)

Is the level of intensity I’m experiencing appropriate to the situation?

Do I accept that I feel this emotion?

What thoughts does this emotion lead me to have:

What is the situation that triggered this emotion?

Is there anything below the surface that might be causing me to react more intensely to this situation? (i.e., past trauma triggers, other things going on in my life that are impacting me)

What is my perspective on the situation?

What is the other person’s perspective on the situation & how might they feel? (if the situation involves another person)

What is my urge to deal with this emotion? (what do I feel like I want to do to handle it?)

Is my urge a healthy one? Will it have negative consequences?

What is a heathy and effective way I can manage this emotion?