

DAILY EMOTION IDENTIFICATION LOG

Best for: Quick daily emotion practice | **Difficulty:** Easy | **Age:** Teens & Adults



TODAY'S ENTRY

(Example)

WHAT HAPPENED?

(Prompt: My friend didn't reply)



WHAT DID I FEEL?

(Disappointed)

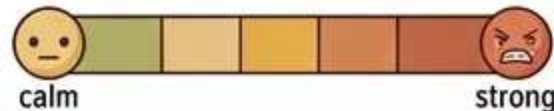


WHAT ELSE?

(A little rejected)



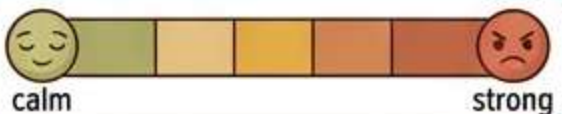
HOW STRONG? (6/10)



calm

strong

HOW STRONG? (6/10)



calm

strong

WHAT DID I NEED?

(Reassurance)



MY DAILY LOG

Date	Time	Event	Feeling	Intensity 1-10	Need

