

Emotion Intensity Worksheet

Understand how strongly you feel, not just what you feel.

Emotion Intensity Scale (1-10)



1-2: Barely noticeable (MILD)

3-4: Present but manageable

5-6: Clearly affecting your attention/behavior

7-8: Difficult to ignore (STRONG)

9-10: Extremely intense (OVERWHELMING)



Before-and-After Tracker



Moment	Emotion	Intensity (1-10)	What changed?
Before conversation	Nervous	7/10	—
During conversation	Nervous	9/10	Felt judged
During conversation	Nervous	9/10	Felt judged
20 min later	Nervous	4/10	Had time to process



Emotions shift over time. Regulation can mean reducing intensity, not making them disappear.

