

Emotion Intensity Worksheet

1 MY EMOTION

My Emotion:



2 MY INTENSITY SCALE (1-5)



Level 5
Huge feeling



Level 4
Big feeling



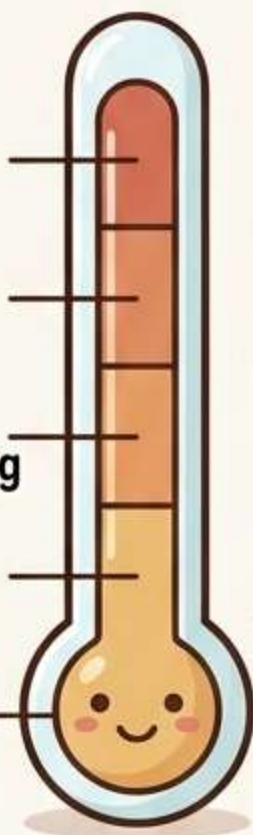
Level 3
Medium feeling



Level 2
Small feeling



Level 1
Tiny feeling



Circle the score

1 2 3 4 5

Mild disappointment
(e.g., Level 2)

vs.

Big event (e.g.,
Level 5).

Same emotion,
different scale!

3 UNDERSTANDING MY FEELING



What made it stronger?

.....
.....

What helped bring it down?



.....
.....



Try a coping
strategy, then
check your
number
again!

REGulation isn't about making feelings vanish. It's
about responding safely. Nothing complicated!

