

Therapy

Identifying Emotions

Structured place to record emotional experiences before therapy sessions.



Target Group: Teens & Adults | **Difficulty:** Moderate
Use: For between sessions.



Situation:

What happened?





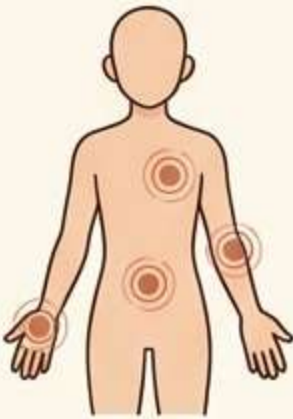
First Reaction:

What did you notice immediately?

3

Body:

What physical sensations appeared?



4

Emotion:

What feeling seems closest?



Angry



Sad



Anxious



Joyful



Daugh



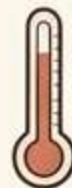
Confusion



5

Intensity:

How strong did it feel? (1-10)



1 2 3 4 5 6 7 8 9 10

6

Emotion
Aisxiory Anxious
Confiaon Emotion
Eard

Other Possibilities: Could another emotion fit?

7

What I'd like to discuss: What part stands out?



