

The logo features a light blue circle on the left, partially overlapping a cluster of small orange dots. Below these elements is a horizontal bar with a blue-to-orange gradient.

Emotion Log

Getting to Know Your Emotions (Emotion Log)

The first task to help increase your awareness of your emotions is to keep an emotion log.

Three times a day, write down the last emotion you experienced and describe your experience.

Address the following points:

1. What is your name for the emotion?

- If you find yourself using only a few words repeatedly, such as *frustrated* and *happy*, try and find more emotion words.

2. Was it a more sudden onset emotion or a more enduring mood?

- How long did it last?

3. Did you have body sensations with your emotion?

- Tensing of body, jaw, fist
- Trembling
- Feeling sweaty or hot
- Feeling cold
- Heart beating noticeably
- Other sensations. What were they?

4. Did thoughts come into your mind?

- What were the thoughts?
- Were they about the past, the future, or the present?

5. Did you act or feel like doing something or expressing something?

- Move closer or away from it
- Make an aggressive move towards it
- Make a facial expression

6. What brought on the emotion or mood?

- Describe the situation
- Was it an internal event?

7. What information is your emotion giving you?

- Is it telling you something about yourself?
- Is it telling you something about a relationship?
- Is it telling you something about your progress toward a goal?
- Reflect on your emotional response to your situation and try and make sense of what you are feeling. In addition, identify what it is telling you to decide.

8. Evaluate your feeling

- Should you follow the feeling?
- Should you get to what's behind your feeling?
- Should you try to broaden your view to change your feeling?