

2. Emotions Felt

List the emotions you experienced:

- Emotion 1: _____

- Emotion 2: _____

- Emotion 3: _____

- Emotion 4: _____

- Emotion 5: _____

3. Physical and Cognitive Signs

Note any physical sensations or thoughts associated with each emotion:

- Emotion 1: _____

- Physical Signs: _____

- Cognitive Signs: _____

- Emotion 2: _____

- Physical Signs: _____

- Cognitive Signs: _____

- Emotion 3: _____
- Physical Signs: _____
- Cognitive Signs: _____

- Emotion 4: _____
- Physical Signs: _____
- Cognitive Signs: _____

- Emotion 5: _____
- Physical Signs: _____
- Cognitive Signs: _____

4. Trends and Patterns

Reflect on patterns or trends you notice:

5. Action Plan

If applicable, jot down any strategies or actions you plan to take in response to these emotions or triggers:
