

Beliefs → Thoughts → Emotions → Behavior

Emotional Awareness Journal

Date/Time	Emotion/Feelings	Intensity of Emotion (1-10)	Circumstance	People Involved	Thoughts

When you experience an unpleasant or pleasant emotion, right it down as soon as you can. The date/time, how you were feeling, the intensity of the emotion (scale of 1-10, with 10 being the most intense), the circumstance that triggered the emotion, the people involved and the thoughts you had while experiencing the emotion.

Unpleasant Emotion Terms

Fearful
Afraid
Irritated
Embarrassed
Depressed
Defeated
Hate
Hopeless
Defeated
Confused
Disappointed
Bored
Overwhelmed
Angry
Anxious
Furious
Resentful
Hurt
Frustrated
Guilt
Inadequate
Lonely
Disconnected
Lazy
Apathetic
Passive
Worthless

Pleasant Emotion Terms

Confident
Determined
Calm
Peaceful
Valued
Successful
Loving/Loved
Hopeful
Clear/Clarity
Curious
Motivated
Excited
Joyful/Happy
Accepted
Grateful
Content
Forgiving/Forgiven
Accepted
Certain
Brave
Sufficient/Competent
Connected
Passionate
Proud
Trusting/Trusted
Involved
Pleased