

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## INSTRUCTIONS

**Section 1:** At the end of each day rate your mood by placing a dot in the box that best describes your mood. If you've had high and low moods, use two dots.

**Section 2:** Note down the three most prominent emotions that you have experienced during the day, and mark them on a scale of 1-3, 3 being strongest

Suggested emotion description words -

Aggravated, Accepted, Alienated, Amazed, Amused, Angry, Annoyed, Anxious, Apathetic, Ashamed, Awful

Blah, Blissful, Bored

Calm, Chaotic, Cheerful, Confident, Confused, Content, Corgaeous, Cranky, Crazy, Critical, Crushed, Curious, Cynical

Defensive, Depressed, Determined, Devastated, Disappointed, Disillusioned, Drained

Eager, Ecstatic, Embarrassed, Empty, Energetic, Envious, Excited,

Fearful, Frustrated, Fulfilled

Grateful, Grief, Grumpy, Guilty

Happy, Heartbroken, Hopeful, Hurt

Ignored, Important, Inadequate, Indifferent, Inferior, Inspired, Irritaed,

Jealous, Joyful

Lethargic, Listless, Lonely, Loved, Loving

Mellow, Micheivevious, Motivated

Naughty, Numb

Open, Optimistic, Overwhlemed

Peaceful, Pessimistic, Playful, Pleased, Powerful, Powerless, Proud

Refreshed, Rejected, Relaxed, Relieved Restless

Sad, Satisfied, Scared, Sensitive, Skeptical, Shocked, Smart, Stressed, Surprised, Suspucious

Terrified, Threatened,

Vulnerable

Worried, Wothless, Withdrawn

### Section 3:

Note the general activities of your day i.e., work, school, exercise, social event.

Note the number of hours of sleep you have had each day.

Note your medications you've had or not had.

Note if you used alcohol or mood altering drugs.

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## SECTION 1

		MONTH/YEAR							
		DAY	1	2	3	4	5	6	7
HIGH MOOD	3								
	2								
	1								
	NORMAL								
LOW MOOD	1								
	2								
	3								

## SECTION 2

	EMOTIONS SCORE	EMOTION 1							
		EMOTION 2							
		EMOTION 3							

## SECTION 3

	ACTIVITIES							
	SLEEP							
	ALCOHOL							
	DRUGS							
	PRESCRIBED MEDICINES							

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## SECTION 1

		MONTH/YEAR							
		DAY	8	9	10	11	12	13	14
HIGH MOOD	3								
	2								
	1								
	NORMAL								
LOW MOOD	1								
	2								
	3								

## SECTION 2

EMOTIONS SCORE	EMOTION 1							
	EMOTION 2							
	EMOTION 3							

## SECTION 3

	ACTIVITIES							
	SLEEP							
	ALCOHOL							
	DRUGS							
	PRESCRIBED MEDICINES							

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## SECTION 1

		MONTH/YEAR							
		DAY	15	16	17	18	19	20	21
	HIGH MOOD	3							
		2							
		1							
	NORMAL								
	LOW MOOD	1							
		2							
		3							

## SECTION 2

	EMOTIONS SCORE	EMOTION 1						
		EMOTION 2						
		EMOTION 3						

## SECTION 3

	ACTIVITIES							
	SLEEP							
	ALCOHOL							
	DRUGS							
	PRESCRIBED MEDICINES							

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## SECTION 1

		MONTH/YEAR							
		DAY	22	23	24	25	26	27	28
HIGH MOOD	3								
	2								
	1								
	NORMAL								
LOW MOOD	1								
	2								
	3								

## SECTION 2

EMOTIONS SCORE	EMOTION 1							
	EMOTION 2							
	EMOTION 3							

## SECTION 3

	ACTIVITIES							
	SLEEP							
	ALCOHOL							
	DRUGS							
	PRESCRIBED MEDICINES							

# EMOTIONS TRACKING DIARY #2

Track your emotions at the end of each day.

## SECTION 1

		MONTH/YEAR		
		DAY	29	30
	HIGH MOOD	3		
		2		
		1		
		NORMAL		
	LOW MOOD	1		
		2		
		3		

## SECTION 2

EMOTIONS SCORE	EMOTION 1			
	EMOTION 2			
	EMOTION 3			

## SECTION 3

SECTION 3	ACTIVITIES			
	SLEEP			
	ALCOHOL			
	DRUGS			
	PRESCRIBED MEDICINES			