

Emotion Worksheet

Example

This is my personal log for when I feel the most **negative** emotion during the week:

Workdays

Time	Context	Feeling
2PM	Last class period of the day	Frustrated
8PM	Doing homework	Anxious/Overwhelmed

Days Off

Time	Context	Feeling
11AM	Finishing homework for the week	Anxious/Overwhelmed

Part 1

Fill in the template to create a log of when **you** feel the most negative emotion during the week. Feel free to adjust days and times as needed:

Work Days

Time	Context	Feeling

Days Off

Time	Context	Feeling

Part 2

Based on how you feel at your worst moments, answer these questions:

Describe the **worst** emotion felt during the week:

What will happen if I do **nothing** about this?

How will this feeling **Benefit** me?

What can I do to **reduce** and **regulate** this feeling?