

Name: _____

Date: _____

OBSERVING & DESCRIBING EMOTIONS

Select a current or recent emotional reaction, and fill out as much of this sheet as you can.

EMOTION NAME:

INTENSITY (0-100)

PROMPTING EVENT for my emotion

VULNERABILITY FACTORS

INTERPRETATIONS

FACE and BODY CHANGES and EXPERIENCES

ACTION URGES

FACE and BODY LANGUAGE

What I SAID in the situation

What I DID in the situation

What AFTEREFFECTS did the emotion have on me