

- REFLECT BACK ON MY DAY In the evening
- **1.** WHAT EMOTIONS DID I FEEL?—*Label them*
- **2.** WHAT CAUSED THE EMOTION? *Activating event*
- **3.** WAS THE EMOTION I IDENTIFIED THE REAL EMOTION? *ANGER masks hurt, humiliation, frustration, rejection.*
- **4.** DID I HONOR THE EMOTION? *This is a normal, legitimate response. Anyone would feel* _____ *as a result of what happened.*
- **5.** HOW DID I EXPRESS THE EMOTION? *Did I express it appropriately?*
- **6.** AM I HAPPY WITH HOW I RESPONDED? *What will I do differently next time?*



How Do I Feel Right Now?



Aggressive







Depressed





Happy



Lonely



Negative



Satisfied



Anxious



Bored



Determined



Exhausted



Horrified



Loved



Regretful



Stubborn



Apologetic



Cautious



Disappointed



Excited



Hurt



Miserable



Relieved



Surprised



Arrogant



Confident



Disbelieving



Frightened







Optimistic



Sad



Ashamed



Confused



Disgusted



Frustrated



Interested



Overwhelmed



Shocked



Withdrawn





Curious



Enraged



Guilty



Jealous



Puzzled







