

Worksheet 17: Emotion Diary Cards

Purpose: To notice and label what you are feeling. Refer to worksheet 16 if you have trouble coming up with labels. The point of this exercise is not to change your emotions, just to notice them.

Instructions: Fill out a card three times a day, using a few words to capture what you are feeling. Photocopy this page to create as many cards as you need.

Emotions Date: Time 1: Time 2: Time 3:	Emotions Date: Time 1: Time 2: Time 3:	Emotions Date: Time 1: Time 2: Time 3:
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