

# Emotion Identification Worksheet

## 1. Emotion Log

For one week, take a few moments each day to fill out this log. Try to be as precise as possible about what you are feeling and why.

Day	Emotion Felt	Possible Trigger (Situation/Thought)	Intensity (1-10)	Physical Sensations
Mon				
Tue				
Wed				
Thurs				
Fri				
Sat				
Sun				

## 2. Emotion Categories

Below is a list of basic emotions. After completing your emotion log for a week, try to categorize your logged emotions under these basic categories.

- Happiness
- Sadness
- Anger
- Fear
- Disgust
- Surprise

*Example:*

*- Emotion Felt: Frustration*

*- Category: Anger*

Category	Emotion Felt
Happiness	
Sadness	
Anger	
Fear	
Disgust	
Surprise	

### 3. Patterns and Insights

1. Identify the emotion you felt most frequently during the week.

---

---

---

2. Based on your log, describe the most common triggers for your emotions.

---

---

---

3. Note any physical sensations you commonly felt with certain emotions (e.g., tightness in chest with anxiety).

---

---

---

### 4. Next Steps

Based on your insights, outline one or two steps you can take to manage your emotions more effectively. Consider techniques like mindfulness, deep breathing, or seeking professional support.

---

---

---

---

---