










My feelings diary

How Are You Feeling Today?

		
Happy	Sad	Angry
		
Worried	Shy	Excited
		
Surprised	Silly	Embarrassed


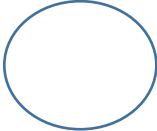
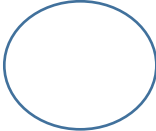
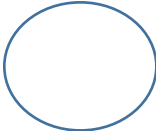
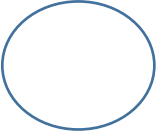
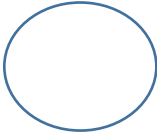
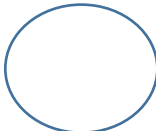
Name: _____

Emotional Vocabulary

Brainstorm as many feelings as possible:



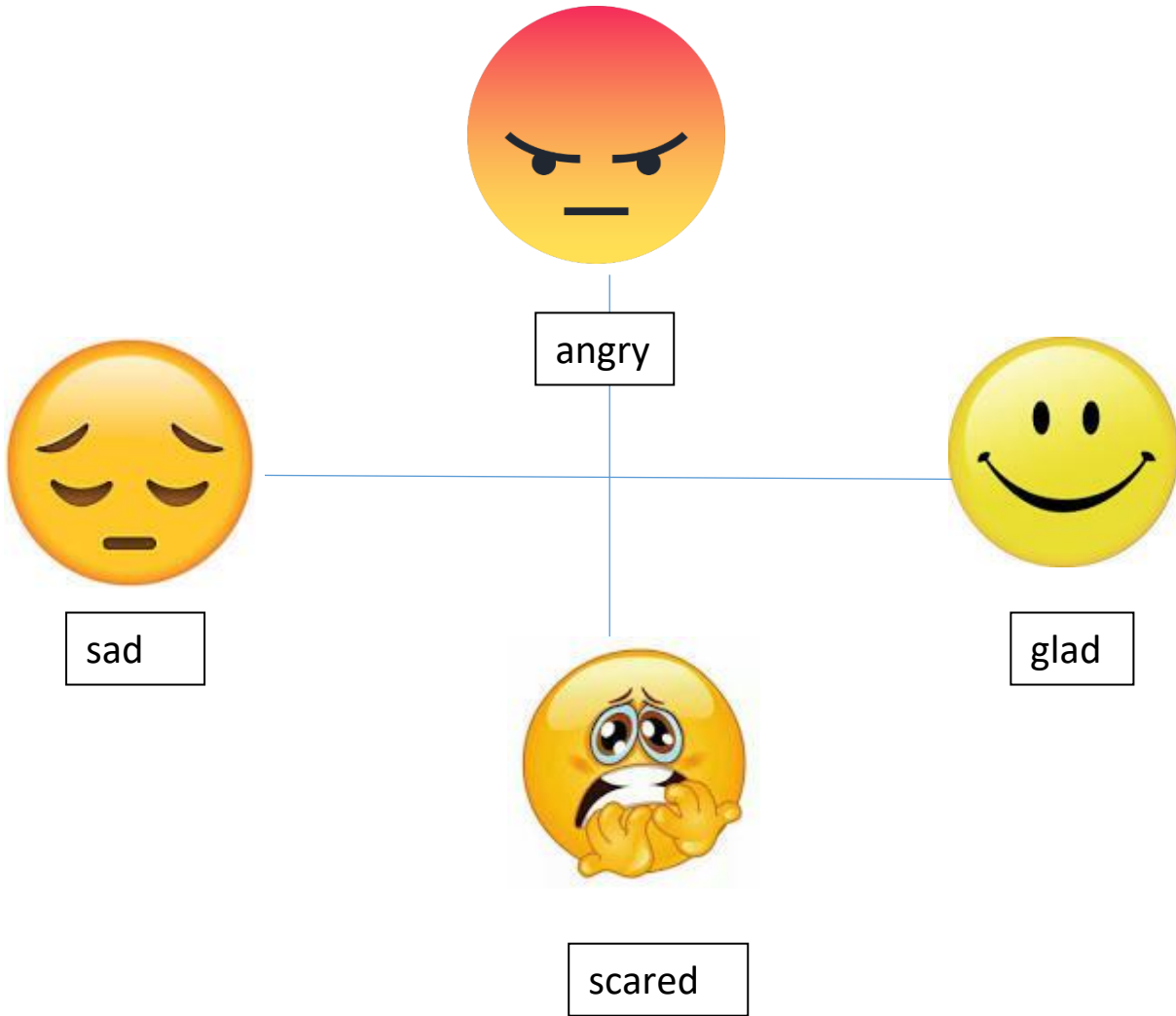
Or you can use this

What Happened?	How I felt
	
	
	
	
	
	
	

Awareness of my feelings

Four basic types of feelings:

glad, sad, mad, scared







Date: _____

Today I felt _____ because _____

Think about what changes take place to your body when you are really happy, scared, angry or upset?

What's it like when you're angry/ sad/ glad/ scared?

Angry		
Sad		
Scared		
Glad		

Each day think of something that has happened. It might be something good or it might be something that got you in to trouble.

In the first column , write what happened or what you thought was going to happen. In the second column, put what you thought, imagined or believed.

The third column is for how you felt. Did you feel angry? Happy? Upset? Something else?

The last column is or what you did.

Rating Emotions - Practice Rating Feelings

Emotions are not all or nothing - I can feel a little bit sad or I can be absolutely distraught. We can capture the strength of a feeling by giving it a 'mark out of ten' or even a hundred.

Here are the different situations. For each one decide how you would feel and how strongly. If you felt like that, what would you do?

What happened?	How would I feel?	How strongly?	What would I do if I felt like that?
I heard another pupil saying something nasty about me			
I was in a lift and someone pushed me			
I was coming to school and found a £5			
My teacher told me I had missed a question			
I was in a rush and had to buy something from the shop. A lady let me go in front of her.			
I was invited to a friend's house for tea.			
My Dad told me he could not take me on a trip as we had planned.			
Another pupil ran past me and accidentally stood on my foot			

How strong is the emotion or feeling?

1.

No feeling

2.



3.

4.

5.

Medium

6.

7.

8.



Most I've ever
felt

9.

10.

Misinterpreting the situation

Three approaches are used to change the thoughts that come before the emotions:

- STOP - THINK - ACT strategy
- Considering alternative thoughts
- Challenge your thinking

STOP - THINK - ACT

You have to think about the following:

- STOP
- What did you want to do?
- How were you going to go about it?
- What would happen?
- Can you think of other ways for dealing with the issue?
- Now try it

Alternative ways of thinking?

- What else could you have thought?
- How would you have felt then?
- What would you have done?

In this diary you will be asked to think of what caused you to over react. It might have been something that got you in to trouble.

The first four columns are like the ones in the last diary that you completed. In the first column, write what happened or what you thought was going to happen. In the second column, put what you thought, imagined or believed. The third column is for how you felt. Did you feel angry? Happy? Upset? Something else? The fourth column is for what you did.

This diary also has some new columns to complete. The fifth column is for other things that you could have thought. You will see there is more than one space. This is because there are lots of different possibilities. The sixth column is for how you might have felt if you had thought this. The last column is for how you might have acted.

What happened?	What I thought?	How I felt and how strong	What I did	What could I have thought?	How would I feel?	What would I do?
Rachel did not turn up for our meal	She did not like me anymore	Upset (7) and lonely (8)	Went home alone	She's had an accident She's just late I've got the wrong place	Worried /anxious (9) Indifferent/ not bothered (0) A bit silly (3)	Call hospital or police Wait a bit longer Phone/text to check
Jack gave me one of 'those looks'	He's trying it on!	Angry (10)	Threw a pen at him and called him a *****	He can't do his work He was looking at the kid behind me	Superior /smug (6) Indifferent (0)	Not let him copy Ignore him

Here we are extending the diary to include alternatives

Checking out the evidence

This would enable a more balanced thought to be arrived at

In the first column, write what happened or what you thought was going to happen.

In the second column, put your automatic thoughts. What went through your head?

The third column is for how each thought made you feel. Did you feel angry? Happy? Upset? Something else?

In the fourth column rate how strongly you felt.

The fifth column is for evidence to support your thought.

The sixth column is for evidence against your thought.

The last column is for you to think of a more balanced alternative thought, how this might have made you feel and how you might have acted.

What happened?	What my automatic thoughts were	How each thought made me feel	How strongly (0-10)	Evidence for my thought	Evidence against my thoughts	Balanced alternative thought
Jack gave me one of 'those looks'	He's trying it on!	Angry	8	He always causes trouble	Boy next to me is staring back	Jack is staring at the boy next to me because he is a bully
	I've done something to upset him	Guilty	4	He looks upset	It wasn't me that upset him	
	Other kids won't respect me	Worried	9	Someone nicked my bag	Other bags have been pinched	I'm not bothered and don't feel anything strongly
	He wants to be better than me	Angry	8	He's so bossy	He picks on others too	

What happened?	What my automatic thoughts were	How each thought made me feel	How strongly (0-10)	Evidence for my thought	Evidence against my thoughts	Balanced alternative thought
	Maybe I'm no good	Sad	7	I can't do anything	I got a B for science	

Here you consider the evidence for thinking