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FORM 4.5

Observing and Describing Emotions

Select a current or recent emotion reaction and fill out as much of this sheet as you can. If you experienced more than one emotion, complete this form for each emotion.

EMOTION NAMES: _____

INTENSITY (0–100) _____

PROMPTING EVENT for my emotion: (who, what, when, where) What started the emotion?

INTERPRETATIONS (beliefs, assumptions, appraisals) of the situation?

BODY CHANGES and **SENSING:** What am I feeling in my body?

BODY LANGUAGE: What is my facial expression? Posture? Gestures?

(cont.)

ACTION URGES: What do I feel like doing? What do I want to say?

What **I SAID OR DID** in the situation: (Be Specific)

What **AFTEREFFECT** does the emotion have on me (my state of mind, other emotions, behavior, thoughts, memory, body, etc.)?

Function of Emotion

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