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FORM 4.8

Emotion Induction Record

Directions: Use this form to record your emotion induction experience by answering the following questions.

What was used to induce the emotion? _____

_____

What emotion did you experience? _____

_____

Intensity of the emotion when you first experienced it (0–100%): _____

Peak intensity of emotion (0–100): _____

Time taken to reach peak intensity: _____

_____

Time taken to reach baseline: _____

_____

What I learned from this emotion induction: _____

_____

_____

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