

Daily "Emotional Weather Report"

1. Think back over today or yesterday. What was a situation that stressed you out or upset you (even a little)? Give a description of your emotional "weather." How were you feeling?

2. What triggered you? (Be specific. List people, places, activities, events, problems at school.)

3. In that stressful situation, what feelings got triggered?
Circle the feelings that describe your emotions.

angry annoyed anxious ashamed bored calm cheated confused
concerned disappointed disrespected disturbed edgy empty excited
fed up frightened glad guilty helpless hurt ignored intimidated
isolated jealous left out lonely mad miserable nervous
overwhelmed pained pleased proud rejected relieved remorseful
restless sad scared stupid tense tired worried

Add your own words here _____

4. The strongest feeling I had was _____.

Look deeper. . . I was also feeling _____.

And I also felt _____.

5. What thoughts got triggered?

6. What body sensations or signs of physical stress did you experience?

**muscle tension – headache – sweating – difficulty breathing –
pounding heart – tingling – numbness – tiredness –
hyper or restless – upset stomach – couldn't sleep –
physical pain – dizziness – body got hot or cold – dry mouth**

7. How did you react—what did you do?

8. Step back. If you were in the situation again what, if anything, could you have done differently?

9. What, if anything, could you learn from this situation?