



Emotion Tracking

— TRACK YOUR PROGRESS —

Select one positive and one negative emotion to track:

Positive Emotions:

Happy/glad
Interested/friendly
Neutral/calm
Affectionate/supportive

Negative Emotions:

Angry
Depressed/sad
Fearful/anxious
Disgusted/contemptuous

Emotion <i>(list the positive or negative emotion you are tracking)</i>	Where do you feel it in your body?	What are you thinking?	What are your urges?	What are your behaviors /actions?	Where are you?	What are you doing?	Who is present?