

Emotion Exploration Scale

Understanding what an emotion feels like, and how it changes as it grows, is one of the first steps to learning how to control the emotion. Choose an emotion you would like to explore and describe how it progresses from the lowest possible level (1) to the highest possible level (10).

Emotion:

1 2 3 4 5 6 7 8 9 10

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| Thoughts | | |
| Behaviors | | |
| Symptoms / Physical Sensations | | |

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