

## Emotion Log

This template can be used in 2 ways.

- 1) Use column 1-3 only. Use it to note down your emotions every day, and the purpose of doing it is to help you name your emotions, know about your emotions and emotion pattern. After journaling for 1-2 weeks, you can have a good glimpse on your emotions map.
- 2) Use all columns. Use it to build further self awareness to your emotions, where they come from, and is it possible to shift it. What triggers emotions are thoughts and evaluations over events. When your emotions arouse, use this template to note down the thoughts at every event, see what you will find.

Events/Situations	My Emotions	My Physical Feelings	Thoughts	What I did as a result of the emotions

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