

Emotion Diary Guide



An emotions diary is a daily record of your **feelings, thoughts, and situations**. It helps you spot emotional patterns, understand triggers, and track progress over time.

Why It's Helpful

- Increases emotional self-awareness.
- Helps connect specific events to emotional reactions.
- Reveals patterns in mood changes.
- Supports therapy or self-reflection by providing concrete examples.

For each entry, include:

- **Date & Time** - Helps track daily patterns (e.g., certain times of day feel harder).
- **Situation / Trigger** - Briefly describe what happened: "Boss gave me unexpected feedback".
- **Emotions Felt** - Use an emotion wheel or list to find specific words — aim for 1–3 emotions per situation. Example: "Anxious, frustrated, embarrassed."
- **Intensity Rating (0–10)** - How strong was each feeling? Example: Anxious – 8/10; Frustrated – 5/10.
- **Thoughts** - Write what ran through your mind. Example: "I'm not good enough at my job."
- **Body Sensations** - Note any physical reactions. Example: "Tight chest, sweaty palms."
- **Coping Response/Action Taken** - What did you do in response? Example: "Took a walk, practiced deep breathing."
- **Outcome/Reflection** - Did the action help? What might you do differently next time?

By using this, you can track your reactions to different situations. If you notice certain situations always trigger anxiety, you can prepare coping strategies ahead of time. If you see your mood improves after certain activities, you can schedule more of them.