






















Feelings Journal

Date: _____

Today I felt:

- | | | | |
|---|--|---|--|
|  Happy |  Sad |  Angry |  Overwhelmed |
|  Bored |  Relieved |  Jealous |  Ashamed |
|  Lonely |  Left-out |  Proud |  Disappointed |
|  Afraid |  Worried |  Relaxed |  Embarrassed |
|  Excited |  Silly |  Calm |  Confused |
|  Tired | | | |

What happened today that created this feeling? _____

For positive feelings, what can I do to keep this feeling or create it again? _____

For negative feelings, what can I do to make myself feel better? _____

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- | | | | | | | | |
|---|---------|---|----------|---|---------|---|--------------|
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| 🍏 | Bored | 🍏 | Relieved | 🍏 | Jealous | 🍏 | Ashamed |
| 🍏 | Lonely | 🍏 | Left-out | 🍏 | Proud | 🍏 | Disappointed |
| 🍏 | Afraid | 🍏 | Worried | 🍏 | Relaxed | 🍏 | Embarrassed |
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