



Name: _____

My Emotions Journal

Use the worksheet to discuss how you're feeling.

1. Today I'm feeling _____

2. What happened for me to feel this way? _____

3. To feel better, I need _____

3. People I can talk to about this are _____

4. If I need to calm down, I can _____

I felt better: ☐ Yes ☐ No

If "No," reflect on questions 3-5.