

# Noticing My Feelings

Name: \_\_\_\_\_ Date: \_\_\_\_\_

In order to cope with our feelings, we first must be aware of *what* we are feeling. This week, pick one feeling each day and complete the feelings log.

**Day 1:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

\_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

\_\_\_\_\_

**Day 2:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

\_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

\_\_\_\_\_

**Day 3:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

\_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

\_\_\_\_\_

**Day 4:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

**Day 5:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

**Day 6:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_

**Day 7:** Feeling: \_\_\_\_\_

When I felt it (what was happening?): \_\_\_\_\_

Rate the intensity: -1----0-----5-----10

Where in your body was the feeling held? \_\_\_\_\_