

Instructions for Emotion Monitoring

Take about 5 minutes each evening to think back over your day.

Pick one of the times your emotional pain was at its **highest** level for that day and rate it on a scale from 1-10, where 1=the least intense, and 10=the most intense emotional pain you ever experienced.

Record this level on the chart below and make a note about

- a) which emotion(s) you were feeling and
- b) what was happening at that time.

You can write about the situation you were in or about what you were thinking and/or doing.

Now pick one of the times when your emotional pain was at its **lowest** level for that day and rate it on a scale from 1-10 for that day.

Record this level with a note about

- a) which emotion(s) you were feeling and
- b) what was happening at that time.

Again, you can write about the situation you were in or about what you were thinking and/or doing.

If there was a time (or more than one time) when you had no painful emotions, you can rate this as a zero. Just be sure to say something about what was happening at that time.

Then think about the whole day, estimate your overall level of emotional pain for that day and rate that as high, moderate or low. Record this on the chart.

Note: Your most intense emotional pain might be the same whenever it's high (e.g. anxiety) or (more likely) it might be different at different times (sometimes anxiety, sometimes anger, sometimes sadness, etc.) . At any given time, you might have just one kind of painful emotion or you might have a mix of emotions. Any of this is fine. Whatever you are feeling is fine. Just pay attention to what you're feeling and the overall intensity of your emotion.

