

Feelings Face Chart

FEELINGS FACE CHART

Client Name: _____ Date: _____ dd / mm / yyyy

Instructions: Thank you for exploring and expressing your emotions using the Feelings Faces Chart. Please take a moment to review the chart below and identify any emotions that resonate with your current feelings. Circle the facial expression(s) that closely represent your emotions. Additionally, rate the intensity of each emotion on a scale from 1 to 10, where 1 indicates very low intensity, and 10 indicates very high intensity.

Emotion Facial Expression Table: Happiness 😊 Sadness 😞 Anger 😡 Fear 😱 Surprise 😲 Confusion 😵 Contentment 😌 Empathy 😊

Emotional Assessment: Please rate the intensity of each identified emotion on a scale from 1 to 10:

Happiness Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Sadness Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Anger Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Fear Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Surprise Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Confusion Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Contentment Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

Empathy Intensity (1-10)

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1 2 3 4 5 6 7 8 9 10

ASSESSMENT QUESTIONS:

How do you perceive these emotions influencing your daily life?

Are there any specific triggers or situations associated with these emotions?

What coping strategies do you typically use to manage these emotions?

Have recent changes or events impacted your emotional state?

ACTION PLAN:

Action Plan:

ADDITIONAL NOTES:

Additional Notes: