

Primary Emotions List

Name: _____ Name of Healthcare Professional: _____

Date of Session: _____ dd / mm / yyyy

LIST OF PRIMARY EMOTIONS

Happiness

Examples of when patient feels happy

Physical sensations associated with happiness

Sadness

Examples of when patient feels sad

Physical sensations associated with sadness

Fear

Examples of when patient feels fear

Physical sensations associated with fear

Anger

Examples of when patient feels angry

Physical sensations associated with anger

Surprise

Examples of when patient feels surprised

Physical sensations associated with surprise

Disgust

Examples of when patient feels disgusted

Physical sensations associated with disgust

REFLECTING ON EMOTIONS

How do these emotions affect the patient's daily life and relationships?

Are there any emotions the patient finds difficult to recognize or express?