Today I Feel Worksheet

TODAY I FEEL WORKSHEET

Name: _____ Sex: _____

Age: _____ Date: _____ dd / mm / yyyy

Please fill in your name, sex, and age at the top of the worksheet. Reflect on your emotions for today, both positive and negative, and describe them in the "Today I feel" column. Next, in the "Because" column, write down the reasons behind your emotions. Finally, in the "What I Need" column, consider what support or actions might help you navigate your feelings.

Emotion #1:

Emotion #2:

Emotion #3:

Emotion #4:

Emotion #5:

Place an emoji in the space provided to represent your overall feeling: