

# Emotions Tracker

Complete the emotions tracker every day for a week (or as long as you like!).

Today's date: \_\_\_\_\_

Using the list below, mark all emotions you think you have experienced today. If there are others you experienced that are not on the list, write these in the spaces provided.

Angry	Disappointed	Happy	Proud
Annoyed	Discouraged	Hopeful	Relaxed/Calm
Anxious	Disgusted	Jealous	Sad
Brave	Embarrassed	Joyful	Satisfied
Bubbly	Energetic	Lonely	Scared
Caring	Excited	Motivated	Secure
Confident	Fed-up	Optimistic	Surprised
Connected	Frustrated	Overwhelmed	Uplifted
Defeated	Furious	Panic	Vulnerable
Devastated	Grumpy	Playful	Worried
_____	_____	_____	_____

Next, choose three emotions listed here, particularly any that have been big for you today, and complete the following section.

**Emotion 1:** \_\_\_\_\_ Intensity: 1 2 3 4 5 6 7 8 9 10

Did it feel:  Wonderful  Pleasant  Neutral  Unpleasant  Awful

What caused this emotion?

What was the consequence of experiencing this emotion? (Think about your response to the situation or how others responded to you)

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What thoughts did you have as a result of this emotion?

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**Emotion 2:** \_\_\_\_\_ Intensity: 1 2 3 4 5 6 7 8 9 10

Did it feel:  Wonderful  Pleasant  Neutral  Unpleasant  Awful

What caused this emotion?

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What was the consequence of experiencing this emotion? (Think about your response to the situation or how others responded to you)

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What thoughts did you have as a result of this emotion?

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**Emotion 3:** \_\_\_\_\_ Intensity: 1 2 3 4 5 6 7 8 9 10

Did it feel:  Wonderful  Pleasant  Neutral  Unpleasant  Awful

What caused this emotion?

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What was the consequence of experiencing this emotion? (Think about your response to the situation or how others responded to you)

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What thoughts did you have as a result of this emotion?

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## End of week reflection

Use your emotions checklist to help you answer the following questions.

1. How many different emotions did you experience in total over the course of the week?

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2. Which types of emotions did you tend to experience? Were there some you experienced daily? In general, were there more positive or negative emotions? Pleasant or unpleasant? Name specific emotions you think represent your typical emotional experience.

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3. Write down the 3 of the most common emotions you experienced and try to identify what typically caused each one.

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4. Do you think you are experiencing a different set of emotions at the moment than you would if you were in your usual routine? Explain your answer. If yes, explain how.

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5. Looking at the emotions you experienced over the course of the week, how many do you think were helpful to you in the situation you experienced them in? Name some.

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6. How do you think these emotions were helpful to you? (Hint: if they were all negative, what important message were they giving you?)

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7. Looking at the emotions you experienced over the course of the week, how many do you think were not helpful to you in the situation you experienced them in? Name some.

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8. How were these emotions un-helpful? What were some of the consequences of experiencing them?

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9. What are some different ways you could respond that might be more helpful if you are in the situation again.

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10. From the list of emotions you experienced, are there any that you would like to experience more often?

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11. List some things you might be able to do to try to experience them more often.

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9. How does knowing more about your emotions at the moment help you to get the most from the current situation? Are there any emotions you think might be a problem for you in the coming weeks? What behaviours or thoughts might help you have a better experience?

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If you are frequently experiencing strong, unpleasant or unhelpful emotions, it can be a good idea to seek additional support to help change this. If you think this is a problem for you, consider discussing it with a member of your household or get in touch with the following services.

If you feel you need further help please contact the school counsellor, Jenelle Hooson, through your homeroom teacher. Or you can ask your parents to contact your homeroom teacher or the assistant principal, Mr Pilgrim, to talk about meeting with Jenelle.

Here are some other support options specifically for young people aged between 5 and 25:

- [Need to Talk?](#) Free call or text 1737 any time to speak to a trained counsellor, for any reason.
- [Youthline](#): 0800 376 633 (24/7), or free text 234 (8am-12am), or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- [What's Up](#): online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (12pm-11pm weekdays, 3pm-11pm weekends)
- [Kidslines](#) (ages 5-18): 0800 543 754 (24/7 but between 4pm and 9pm calls are answered by a Kidslines Buddy, specially-trained year 12 and 13 students)

