

Feelings Log

It's important to become aware of what makes you upset, what you do when you get upset, and the consequences of this. A Feelings Log is a tool that helps you do this. For each time you get upset, fill out this sheet.

Date & Time:

What Happened:

What I Was Feeling:

What I Did:

What Were The Consequences?

How Did I Handle It?

How Could I Have Handled It Differently?
