

# EMOTION AND BODY AWARENESS LOG

## Identify Feelings and Triggers

An urge is what you feel like doing; you do not have to act on it.

Date: \_\_\_\_\_

0-10 intensity: 0 = none, 10 = strongest

| TRIGGER<br>What happened? | EMOTION<br>What did I feel? | INTENSITY<br>0-10 | PHYSICAL SENSATIONS<br>What did I notice in my body? | URGES<br>What did I feel like doing or avoiding? |
|---------------------------|-----------------------------|-------------------|------------------------------------------------------|--------------------------------------------------|
|                           |                             |                   |                                                      |                                                  |
|                           |                             |                   |                                                      |                                                  |
|                           |                             |                   |                                                      |                                                  |
|                           |                             |                   |                                                      |                                                  |
|                           |                             |                   |                                                      |                                                  |

## REFLECTION

What helped, or what might I adjust next time?