

Name: _____

Date: _____

Event No: _____

1. EVENT RECORD

SITUATION What? Where? When? Who?	THOUGHTS (AND IMAGES) from the situation	EMOTIONS/MOODS Circle any emotions that you felt in the situation (and rate its intensity)	BEHAVIOURS What you said or did																																																														
		<table border="0"> <tr> <td>EMOTION</td> <td>INTENSITY</td> </tr> <tr> <td>Anxious</td> <td>_____</td> </tr> <tr> <td>Scared</td> <td>_____</td> </tr> <tr> <td>Shy</td> <td>_____</td> </tr> <tr> <td>Panicky</td> <td>_____</td> </tr> <tr> <td>Insecure</td> <td>_____</td> </tr> <tr> <td>Sad</td> <td>_____</td> </tr> <tr> <td>Hurt</td> <td>_____</td> </tr> <tr> <td>Depressed</td> <td>_____</td> </tr> <tr> <td>Disappointed</td> <td>_____</td> </tr> <tr> <td>Empty</td> <td>_____</td> </tr> <tr> <td>Angry</td> <td>_____</td> </tr> <tr> <td>Irritated</td> <td>_____</td> </tr> <tr> <td>Frustrated</td> <td>_____</td> </tr> <tr> <td>Appalled</td> <td>_____</td> </tr> <tr> <td>Embarrassed</td> <td>_____</td> </tr> <tr> <td>Humiliated</td> <td>_____</td> </tr> <tr> <td>Repulsed</td> <td>_____</td> </tr> <tr> <td>Sickly</td> <td>_____</td> </tr> <tr> <td>Nauseous</td> <td>_____</td> </tr> <tr> <td>Guilty</td> <td>_____</td> </tr> <tr> <td>Ashamed</td> <td>_____</td> </tr> <tr> <td>Jealous</td> <td>_____</td> </tr> <tr> <td>Envious</td> <td>_____</td> </tr> <tr> <td>Shocked</td> <td>_____</td> </tr> <tr> <td>Surprised</td> <td>_____</td> </tr> <tr> <td>Happy</td> <td>_____</td> </tr> <tr> <td>Excited</td> <td>_____</td> </tr> <tr> <td>Content</td> <td>_____</td> </tr> <tr> <td>Proud</td> <td>_____</td> </tr> <tr> <td>Other</td> <td></td> </tr> </table>	EMOTION	INTENSITY	Anxious	_____	Scared	_____	Shy	_____	Panicky	_____	Insecure	_____	Sad	_____	Hurt	_____	Depressed	_____	Disappointed	_____	Empty	_____	Angry	_____	Irritated	_____	Frustrated	_____	Appalled	_____	Embarrassed	_____	Humiliated	_____	Repulsed	_____	Sickly	_____	Nauseous	_____	Guilty	_____	Ashamed	_____	Jealous	_____	Envious	_____	Shocked	_____	Surprised	_____	Happy	_____	Excited	_____	Content	_____	Proud	_____	Other		
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