

MY EMOTIONS JOURNAL

Sample Pages



Boys and Girls Journals

I CAN REACH MY GOALS

- ☒ I can identify my emotions.
- ☐ I can describe my emotions.
- ☐ I can make positive choices in different situations.
- ☐ I can identify strategies to manage my emotions.
- ☐ I can apply identified strategies to manage my emotions.
- ☐ I can demonstrate control of my emotions.

MY EMOTIONS



I FEEL SAD



Date: _____
I feel sad when _____



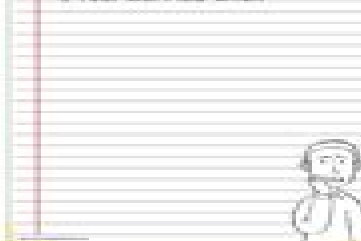
I FEEL READY TO LEARN



I FEEL WORRIED



Date: _____
I feel worried when _____



I FEEL MAD



Date: _____
I feel mad when _____



Examples of Coping Strategies

- | | |
|---|---|
| ☐ Take 10 deep breaths | ☐ Close your eyes |
| ☐ Shake up your fists | ☐ Write a journal |
| ☐ Count to 10 | ☐ Draw yourself a picture |
| ☐ Aggress a stress ball | ☐ Tap to a rhythm |
| ☐ Do some exercises | ☐ Jump in place |
| ☐ Walk or jog in place | ☐ Run in place |
| ☐ Read a book | ☐ Color a picture |
| ☐ Rock gently in a chair | ☐ Use a stress ball |
| ☐ Repeat a quiet word | ☐ Draw or draw on paper |
| ☐ Take a walk | ☐ Write a poem |
| ☐ Listen to music | ☐ Make someone else happy |
| ☐ Do a self-talk | ☐ Ask for help |
| ☐ Do yoga | ☐ Play with clay |
| ☐ Play a game | ☐ Do an interesting activity |

Date: _____
When I am frustrated I can use my strategies.



Date: _____
When I am out of control I can use my strategies.



Feelings Journal Worksheet

Nadine Love

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Feelings Journal Worksheet:

Support Groups For Children Kathleen O'Rourke, John C. Worzby, 2013-08-21 Designed for use with children in grades K 6 this book provides a review of support groups their nature and value the tripartite model of children's needs behaviours they need to learn and environmental conditions that support learning the Keystone Learning Model which encompasses the tripartite model strengths and decision making and nuts and bolts suggestions for creating and managing child support groups The book also addresses various support groups chapter by chapter and homework ideas are provided with each chapter

Threads4Healing Joanne Litz, 2025-08-15 Threads4Healing A Journey into Textiles Creativity and Personal Transformation is a soulful invitation for women ready to reconnect with themselves through creative expression and mindful making Author and sustainable fashion designer Joanne Litz shares her own story of transformation how burnout and personal loss led her to rediscover the healing power of hand stitching energy infused textiles and intentional creativity Part memoir part hands on guide Threads4Healing weaves personal storytelling with practical rituals helping readers slow down awaken intuition and create space for emotional healing through fabric and thread Whether in a time of life transition or simply seeking a more grounded connection to their creativity readers will find in this book a warm supportive path to self reclamation one stitch at a time

The Student EQ Edge Korrel Kanoy, Steven J. Stein, Howard E. Book, 2013-01-28 THE STUDENT EQEDGE Facilitation and Activity Guide This Facilitation and Activity Guide is a companion to the book The Student EQ Edge Emotional Intelligence and Your Academic and Personal Success It offers faculty and facilitators a hands on resource for helping students reach their potential by tapping into the power of emotional intelligence The Facilitation Guide includes exercises and activities which are designed to help students develop confidence independence the ability to set and meet goals impulse control social responsibility problem solving skills stress tolerance and much more all of which help improve academic success The Guide also contains a wealth of illustrative case studies questions for student reflection movie selections and TV shows that illustrate emotional intelligence and a self development plan The single best resource on emotional intelligence in student affairs The Student EQ Edge Student Workbook and Facilitation and Activity Guide are well organized creative and offer everything an emotional intelligence facilitator would need in a fast paced student affairs environment The examples are soundly constructed and resonate with students These materials are my go to resources Candice Johnston associate director of student leadership and organizations Wake Forest University If I were building a new course to improve student success it would be founded on emotional intelligence All the instruction in the world on study skills cannot touch the advantages that come to students who are able to manage their emotional intelligence And the best news of all is that these skills can be taught EQ skills make the difference Randy L Swing executive director Association for Institutional Research This Facilitation and Activity Guide is particularly useful offering options from which the facilitator can draw in preparing assignments or learning community meetings The focus on learners needs and particularly an authentic

exploration of self and purpose is practical yet has the potential to draw students to a deeper understanding of self that will draw them to high performance and contribution to others Dennis Roberts assistant vice president for faculty and student services for the Qatar Foundation

Histrionic Personality Disorder Workbook Mason Ronald Goldstein, Histrionic Personality Disorder Workbook Practical Exercises for Managing Emotions Building Resilience and Creating Positive Change Are you or someone you love navigating the intense emotions complex relationships and need for stability often associated with Histrionic Personality Disorder HPD This workbook offers an empowering practical approach to managing these challenges With clear exercises and evidence based tools this guide helps readers achieve greater emotional control develop resilience and make meaningful changes in their lives What s Inside 1 Practical Evidence Based Techniques Drawing from Cognitive Behavioral Therapy CBT Dialectical Behavior Therapy DBT and mindfulness practices each exercise is designed to help readers achieve specific goals Learn how to manage emotional triggers handle intense reactions and replace impulsive behaviors with thoughtful responses 2 Reframe Dramatic Thought Patterns Dramatic or all or nothing thinking can intensify emotional responses and make relationships challenging This workbook offers tools for recognizing and reframing these thoughts promoting a balanced perspective 3 Build Emotional Regulation Skills Learn techniques like deep breathing grounding exercises and opposite action to stay calm regulate intense emotions and develop a stable emotional foundation 4 Develop Healthy Boundaries Relationships are crucial but can feel overwhelming for those with HPD This workbook guides readers in setting boundaries communicating effectively and building respectful supportive connections 5 Create a Personalized Self Care Action Plan A sustainable self care routine supports physical emotional and mental health This workbook provides step by step guidance to create a plan tailored to individual needs 6 Real Life Scenarios and Reflection Prompts Practical case studies and prompts help readers apply workbook strategies to their own lives offering relatable insights and encouragement for personal growth Who Is This Workbook For This workbook is for anyone affected by Histrionic Personality Disorder whether managing HPD themselves or supporting a loved one With straightforward language actionable exercises and compassionate guidance this workbook offers a supportive resource for those seeking emotional stability and positive change Key Benefits Manage Emotions with Practical Techniques Use grounding deep breathing and cognitive restructuring to calm intense emotions Build Healthier Relationships Set boundaries communicate effectively and create supportive connections Foster Lasting Change Track progress celebrate achievements and reinforce resilience Gain Self Awareness and Confidence Reflect and understand emotions and thought patterns to foster growth Take the First Step If you re ready to empower yourself foster emotional well being and make lasting changes Histrionic Personality Disorder Workbook offers the practical tools you need Start your journey today toward balance resilience and a life of meaningful connection

Vapor 1: Diary of an Addict , **Tools for Your Emotional Health Tool Box** Susan Hansen M. S., Susan Hansen, 2005 Tools For Your Emotional Health Toolbox is a practical resource for school counselors and therapists filled with

great activities lesson plans and information handouts to help empower teens and adults Criminal Conduct and Substance Abuse Treatment: Strategies For Self-Improvement and Change, Pathways to Responsible Living Kenneth W. Wanberg,Harvey B. Milkman,2006-01-18 This book presents effective cognitive behavioral treatment approaches for changing the behaviors of individuals who have both problems of substance abuse and criminal behavior The book unveils a state of the art approach for effectively preventing criminal recidivism and substance abuse relapse within community based and correctional settings *CBT Toolbox for Children and Adolescents* Russell Edna Hopkins ,Isaac Garrett Gray,2024-03-07 CBT Toolbox for Children and Adolescents A Comprehensive Guide to Evidence Based Techniques Interventions and Strategies for Cognitive restructuring techniques Exposure therapy Behavioral activation Mindfulness techniques Relaxation techniques Includes Worksheets Exercises Description The CBT Toolbox for Children and Adolescents is a comprehensive guide designed to provide mental health professionals and educators with evidence based techniques interventions and strategies to support the emotional and behavioral well being of children and adolescents This extensive resource combines the latest research in cognitive behavioral therapy CBT with practical easy to use exercises that can be seamlessly incorporated into your work with young clients Organization and Contents The CBT Toolbox for Children and Adolescents is organized into several sections each focusing on different aspects of CBT such as cognitive restructuring behavioral activation problem solving and relaxation techniques Within each section you will find step by step instructions for implementing various interventions along with tips and strategies for adapting these approaches to meet the unique needs of your clients Cognitive Restructuring This section focuses on techniques for identifying and challenging negative thought patterns helping children and adolescents develop healthier more adaptive ways of thinking Exercises include thought records cognitive distortions identification and Socratic questioning Behavioral Activation In this section you will find strategies for increasing engagement in positive rewarding activities to improve mood and overall well being Techniques covered include activity scheduling goal setting and overcoming barriers to participation Problem Solving This section provides tools for teaching children and adolescents effective problem solving skills helping them navigate the challenges they face in their daily lives Exercises include problem identification brainstorming solutions and evaluating and implementing chosen strategies Relaxation Techniques In this section you will find a range of relaxation exercises designed to help children and adolescents manage stress and anxiety Techniques covered include deep breathing progressive muscle relaxation visualization and mindfulness meditation Key Features The CBT Toolbox for Children and Adolescents offers several key features that set it apart from other resources in the field Comprehensive and Evidence Based Drawing on the latest research in CBT this book offers a wide range of practical evidence based techniques and interventions for working with children and adolescents Practical and User Friendly The step by step instructions and easy to use exercises make it simple for professionals to integrate CBT techniques into their work with young clients regardless of their level of experience

with CBT Adaptable and Flexible The book's modular format allows professionals to tailor their use of the CBT Toolbox to meet the unique needs of individual clients making it a valuable resource for practitioners working in diverse settings and with clients presenting with various concerns Theoretical Background and Integration In addition to the practical exercises and techniques the CBT Toolbox for Children and Adolescents includes valuable information on the theoretical underpinnings of CBT as well as guidance on how to effectively integrate CBT into your existing practice Supporting Materials The book is accompanied by a range of supporting materials including worksheets handouts and assessment tools which can be easily reproduced for use with clients

Cognitive Behavioural Therapy Workbook For Dummies Rhena Branch, Rob Willson, 2012-01-05 Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you're trying to overcome anxiety and depression boost self esteem beat addiction lose weight or simply improve your outlook cognitive behavioural therapy CBT offers a practical sensible approach to mastering your thoughts and thinking constructively In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies professional therapists Rhena Branch and Rob Wilson show you step by step how to put the lessons provided in their book into practice Inside you'll find a huge number of hands on exercises and techniques to help you remove roadblocks to change and regain control over your life Cognitive Behavioural Therapy Workbook For Dummies Second Edition Develops the ideas and concepts that presented in the bestselling Cognitive Behavioural Therapy For Dummies Second Edition and provides exercises to put those ideas into practice Features a range of hands on CBT exercises and techniques for beating anxiety or depression boosting your self esteem losing weight or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London and the authors of Cognitive Behavioural Therapy For Dummies

Hot Confidence Workbook Nadine Love, 2012-08-15 Confidence to Create Your Difference Page by Page at Your Pace Making your difference in the world depends on your positive transformation When you follow the processes techniques and strategies outlined in this comprehensive workbook you'll have everything you need to switch your doubts into sizzling self esteem Building your confidence means taking action It is in the doing that your great reference points are formed They become the foundation of your self belief It's your time to live authentically and share your unique message isn't it Follow the steps in your Hot Confidence Workbook to engage your fullest potential master your fears cultivate hot confidence to attract the opportunities and relationships you dream of The Hot Confidence Workbook was especially designed to guide your personal empowerment As your companion to Hot Confidence your Hot Confidence Workbook is a content rich journal in which to record your processes reflections and insights You'll enjoy additional exercises and wisdom to supplement your learning from Hot Confidence Packed full of information the Hot Confidence Workbook can stand alone as your Hot Confidence mentor The Hot Confidence Workbook is the beating heart of Nadine Love's breakthrough approach to learning self esteem In this valuable journal for your inspiration information and integration you'll

find out how easy it is to make Hot Confidence your living practice Youll receive free access to audio to motivate nourish and give you all the support you need to ignite your power and passion so you can recognize and master your inner magnetic potential

The book delves into Feelings Journal Worksheet. Feelings Journal Worksheet is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Feelings Journal Worksheet, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Feelings Journal Worksheet
 - Chapter 2: Essential Elements of Feelings Journal Worksheet
 - Chapter 3: Feelings Journal Worksheet in Everyday Life
 - Chapter 4: Feelings Journal Worksheet in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Feelings Journal Worksheet. The first chapter will explore what Feelings Journal Worksheet is, why Feelings Journal Worksheet is vital, and how to effectively learn about Feelings Journal Worksheet.
3. In chapter 2, this book will delve into the foundational concepts of Feelings Journal Worksheet. This chapter will elucidate the essential principles that need to be understood to grasp Feelings Journal Worksheet in its entirety.
4. In chapter 3, this book will examine the practical applications of Feelings Journal Worksheet in daily life. This chapter will showcase real-world examples of how Feelings Journal Worksheet can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Feelings Journal Worksheet in specific contexts. The fourth chapter will explore how Feelings Journal Worksheet is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Feelings Journal Worksheet. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Feelings Journal Worksheet.

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