Daily Emotional “Weather Report”

1. Give a general description of your emotional “weather.”

2. What triggered you today? (Be specific. List people, places, activities, events, thoughts, weather, etc.)

3. What feelings got triggered? (And what were you feeling below the surface?)
   Circle or underline the words that describe the range of your feelings.

abandoned amused angry annoyed anxious ashamed bitter 
blissful blue bored burdened calm capable cheated cheerful 
childish combative confused crushed defeated delighted 
desiring despairing diminished disconnected distraught 
disturbed edgy empty envious exasperated excited 
exhausted exuberant fearful fed up foolish frightened 
glad guilty happy helpless hopeful hurt ignored imposed 
upon impressed indifferent infuriated insecure inspired 
imimidated isolated jealous joyous left out lonely 
low mad miserable nervous offended outraged 
overwhelmed pained panicked persecuted pleased 
pressured proud rejected relieved remorseful restless 
sad scared silly spiteful tender tense troubled unsettled 
upset vulnerable weary worried

4. What thoughts got triggered?

5. What body sensations or physical signs of stress did you experience?
Muscle tension - headache - sweating - difficulty breathing - pounding heart - tingling - numbness - fatigue -
hyper or restless - digestive problems - got sick - insomnia - blurred vision or watery eyes - physical pain - body
got hot or cold - a sense of blood pressure rising - (other - if so what?)

6. What was your dominant sub-personality?

7. How did you react or respond?

8. In this situation in which you got triggered, what was the real issue? (Complete the following):
The issue (is) was ________________________________________________.
The real issue (is) was ________________________________________________.
The issue (is) was really ________________________________________________.

9. Could you have done anything differently? If so, what?

10 What did you learn from this?