

## 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 contemptuous concerned crushed defeated delighted desirous despairing diminished disconnected distraught disturbed eager 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 intimidated 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?