

Emotions Worksheet

Name Phillip Black	Date 08/02/2023
What is the primary emotion you are experiencing and want to explore? Anger	
Rate the intensity of this emotion from 0 (very weak) to 10 (very intense) 8	
List any secondary emotions you are experiencing alongside your primary emotion Disappointment, sadness, jealousy	
Describe the <u>situation</u> that made you feel this way My wife went out with her friends and didn't tell me, I'd made dinner and was waiting for her to come home.	
What <u>thoughts</u> did you have when you felt this way? She doesn't care about me, I'm not on her mind at all, she's happy for me to waste time cooking dinner for us while she goes out and gets takeaways	
What <u>physical feelings</u> did you have as a result of this emotion? Felt hot, heart pounding, ears ringing	
What was your <u>behavioral response</u> (i.e., what did you do/not do) when you felt this emotion? I threw out the dinner I had cooked and didn't speak to her when she got home	
What was the <u>outcome</u> of your behavior? She was upset and confused, I didn't have anything to eat for dinner so I was hungry	
Was this a desirable outcome for you? If not, what are some <u>alternative behaviors</u> that could produce a <u>better outcome</u> next time? List the alternative behaviors and their likely outcomes below Not desirable, I want her to understand why I felt that way. Alternative behavior could be talking to her when she got home and asking to be told her plans for the week so I don't cook for her when she is going to be out.	