

Pictorial Emotion Tracker

Notice, understand and support your emotions

Emotions can be difficult to identify when several arrive at once, when your body reacts before you have words, or when you know that something feels 'wrong' but cannot easily name it. A pictorial emotion tracker offers another route: instead of relying only on written descriptions, you can use faces, colours, symbols and simple ratings.

The aim is not to label every feeling perfectly. It is to become more familiar with your emotional patterns and to notice what your mind and body may need.

How to use the faces

Look across the faces and choose the one — or several — that feels closest to your experience. You can circle it, colour it, copy the face, point to it or add your own. If none fits, draw another.



Happy



Calm



Sad



Anxious



Angry

You can feel more than one emotion at the same time. Relief and sadness, excitement and anxiety, love and frustration can coexist. The tracker is designed to make room for that complexity.

A simple daily check-in

What am I feeling? Choose a face.

How strong is it? Rate 0–10.

Where do I feel it? Notice your body.

What happened before it? Look for a trigger or context.

What might I need? Rest, connection, space, reassurance, movement, food, quiet, information, boundaries or another form of support.

Emotion Faces — Find What Fits

Use these faces as prompts. There is no 'right' expression for an emotion; your experience may look and feel different.



Happy



Calm



Sad



Anxious



Angry



Excited



Tired



Frustrated



Lonely



Overwhelmed



Proud



Confused



Content



Jealous



Hopeful

Other feelings I might want to add

Tip: if choosing one word is difficult, begin with broad categories such as pleasant / unpleasant, high energy / low energy, safe / unsafe, connected / disconnected. You can become more specific later.

My Daily Pictorial Emotion Tracker

Date: _____ Time: _____

1. Which face is closest to how I feel?



Happy



Calm



Sad



Anxious



Angry

Or draw my own face: _____

2. How strong is the feeling?

0 1 2 3 4 5 6 7 8 9 10

3. What was happening just before I noticed it?

4. Where do I notice it in my body?

Head ■ Jaw ■ Chest ■ Stomach ■ Shoulders ■ Hands ■ Whole body ■ Somewhere else ■

5. What might this emotion be telling me?

6. What do I need right now?

Weekly Pictorial Tracker

Choose a face for each day. You can add more than one if your emotions changed significantly.

Monday		Intensity: ____ / 10	What I needed: _____
Tuesday		Intensity: ____ / 10	What I needed: _____
Wednesday		Intensity: ____ / 10	What I needed: _____
Thursday		Intensity: ____ / 10	What I needed: _____
Friday		Intensity: ____ / 10	What I needed: _____
Saturday		Intensity: ____ / 10	What I needed: _____
Sunday		Intensity: ____ / 10	What I needed: _____

At the end of the week

Which emotions appeared most often? _____

What seemed to help? _____

Were there times, people, environments or demands linked with stronger emotions?

From Tracking to Understanding

Tracking is most useful when it helps you understand patterns rather than judge yourself. An emotion is information. It may point towards a need, value, boundary, loss, threat, sensory demand, expectation or experience that matters to you.

What might an emotion be communicating?

Anxiety may signal uncertainty, threat, overload or anticipation.

Anger may point towards a crossed boundary, injustice, frustration or unmet need.

Sadness may accompany loss, disappointment, loneliness or exhaustion.

Jealousy can highlight something you value, fear losing or wish you had.

Excitement may show interest, possibility, connection or anticipation.

Overwhelm may be a sign that demands currently exceed your available capacity.

Emotions are not instructions

Feeling something strongly does not mean you have to act immediately. Tracking can create a small pause: "This is what I am feeling. This is how strong it is. This may be what contributed. What response would support me now?"

Look for body clues

You may recognise emotions through physical changes before you can name them. Tight shoulders, jaw clenching, stomach sensations, heat, restlessness, heaviness, tiredness or a change in breathing can become useful early-warning information.

Use the tracker flexibly

Daily tracking is not essential. You might use it only during difficult periods, before and after a stressful event, or when you notice a strong shift. If tracking itself becomes stressful or overly consuming, reduce the frequency or take a break.

A Message From Me

You do not need the perfect word for an emotion before your experience is valid. Sometimes all you know is that you feel heavy, buzzy, tight, restless, flat, uncomfortable or different. That is still useful information.

The faces in this tracker are there to make the first step easier. Point to one. Circle two. Draw your own. Change the colours. Add a symbol that makes sense only to you. The tracker should adapt to the way you understand yourself — not the other way around.

Over time, you may begin to notice patterns: what drains you, what helps you feel safer, when you need more recovery time, which situations create anxiety, or which emotions tend to arrive together.

Try to approach those patterns with curiosity rather than criticism. The question is not “Why am I like this?” but “What is my emotional experience helping me understand?”

Space to Breathe Therapy

This resource is intended for psychoeducation and self-reflection and is not a substitute for individual medical or mental-health assessment or treatment.