RCI Reg. No. A126278
ESTIMATED TIME: 5 MIN

MOOD & STRESS • CBT / EMOTION REGULATION

Emotion Awareness Log: Trigger / Feeling / Intensity / Response

A 4-column teen journal: what happened, what I felt, how big it got, what I did.

CLINICAL INSTRUCTIONS: One line per step in your own words. Short, honest answers are easier to trust.

Participant Name: _____ **Date:** _____ **Target: 5m**

1 COLUMN 1 — WHAT HAPPENED? (THE TRIGGER)

Write only what a camera would record: who, what, when, where. Not 'Rohan disrespected me' but 'Rohan read my text in the group and replied LOL'. The trigger is the match, not the wildfire.

CLINICAL HINT: If your sentence blames, rewrite it as footage.

2 COLUMN 2 — WHAT DID I FEEL & THINK?

Name the emotions (Word Bank below if stuck) and the thought behind them. Two feelings can co-exist: 'angry at Papa AND relieved he finally noticed'.

CLINICAL HINT: Honesty beats tidiness. The exact word matters less than the attempt.

3 COLUMN 3 — HOW INTENSE? (1-10)

Rate at the peak: 1-2 barely there, 3-4 buzzing, 5-6 heavy, 7-8 takes over the room, 9-10 full storm. Rate twice if you can — watching a 9 become a 5 proves feelings pass.

CLINICAL HINT: Numbers turn vague dread into trackable data.

4 COLUMN 4 — WHAT DID I DO? (THE RESPONSE)

Log what you actually did — door-slam, venting, scroll, run, silence — plus one word: helped / hurt / neutral. This column is research, not a report card.

CLINICAL HINT: The goal is noticing which responses shrink the number.

PAGE 2 — YOUR LOG: FILL ONE ROW PER EMOTIONAL MOMENT

Trigger (what happened)	Feelings & Thoughts	Intensity (1-10)	My Response
Sunday 8 PM. Papa compared my SA-1 marks with cousin Riya's in front of everyone.	*Shame + anger. 'In this house I am only my percentage.'*	*9 at the time. 6 after writing it.*	*Wrote this instead of slamming the door. Helped.*
EXAMPLE			

STUCK FOR THE WORD? THE FEELINGS VOCABULARY — pick 2-3 from any family

ANGER & IRRITATION	irritated · annoyed · fuming · furious · resentful · betrayed · defensive · done-with-everyone
FEAR & WORRY	anxious · nervous · worried · scared · panicky · uneasy · tense · overwhelmed · helpless · dreading-Monday
SAD & HURT	sad · hurt · disappointed · heartbroken · lonely · left-out · rejected · ignored · low · gloomy
EMBARRASSMENT & SHAME	embarrassed · ashamed · humiliated · guilty · awkward · exposed · cringing at myself
JEALOUSY & COMPARISON	jealous · envious · inferior · left-behind · not-enough · second-best · invisible
NUMB & FLAT	empty · numb · blank · detached · tired-of-everything · running-on-auto · meh
CALM & GOOD (LOG THESE TOO)	calm · relieved · proud · hopeful · grateful · content · confident · light · genuinely-laughing

- After 5 entries, look for the repeat: which day, which person, which hour raises the number?

- Which response MOVES the number down (helped) — and which feeds it (hurt)? Double down on the first, retire the second.

- Bring this log to a counsellor session, or share one entry at home — patterns get twice as clear with a second pair of eyes.