

# Emotions Journal

The objective of an emotional journal is to start understanding your emotions and how they direct or influence your behaviour during certain interactions or situations.

To start familiarizing yourself with habits. Getting to recognize the routine as it starts, or begins to take over.

In order to change behaviour it is imperative that you are honest with your identification.

The emotions journal will allow you to;

- Start identifying emotional and behavioural patterns.
- Become aware of how you interact with people and certain situations.
- Identify areas of change.

The following grid will help you to document your emotions during specific situations. The questions attached to the specific emotion will help to unpack why you are feeling that emotion and identify areas within yourself, which may need to be changed.



Looking at each situation, have you seen this type of emotional reaction and behaviour before? Can you see a pattern?

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The biggest learning from this journal is...

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Thinking of the alternative way to handle the situation/feel/behave etc.

To grow and develop I will be implementing the following changes:

1) \_\_\_\_\_

2) \_\_\_\_\_