

Activity

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Directions

Use this activity to help practice labeling feelings, rating their intensity, and identifying which body sensations you may feel with these emotions. First circle the ratings below to indicate how much you've experienced each feeling within the past week, with 0 being not at all and 10 being the most intense.

joyful	0	1	2	3	4	5	6	7	8	9	10
anxious	0	1	2	3	4	5	6	7	8	9	10
frustrated	0	1	2	3	4	5	6	7	8	9	10
fearful	0	1	2	3	4	5	6	7	8	9	10
depressed	0	1	2	3	4	5	6	7	8	9	10
calm	0	1	2	3	4	5	6	7	8	9	10
disgusted	0	1	2	3	4	5	6	7	8	9	10
content	0	1	2	3	4	5	6	7	8	9	10
hopeful	0	1	2	3	4	5	6	7	8	9	10



faster heart rate	sweaty palms	clenched teeth	nausea
tension in neck and shoulders	slower heart rate	steady breath	more energy
stomachache	furrowed brows	clenched fists	shaky
tightness in chest	headache	pursed lips	urge to run
weakened or shaky legs	reddened or hot cheeks	shallow or quickened breathing	heaviness

Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.