

Learn more about how you feel by keeping track “charting” your own feelings with this feeling sheet. Use the following rating system:

0 - A really rotten day (was it mostly angry, sad or scared)

1- A poor day (was it mostly angry, sad or scared)

2 – An OK day

3 – A good day (what were you happy about)

4 – A great day (what were you happy about)

Rate the last 7 days on this scale:

0 1 2 3 4 5 6 7 8 9 10

Tell me the best thing that happened during the past week:
