

EMOTION RECORD SHEET

Date	Situation [What was happening? What were you doing?]	Emotion [e.g., Frustration, anxiety etc.]	Rate of Intensity [1 – 10, 1 being the lowest and 10 the highest]	Unhelpful Thoughts [Write most unhelpful or distressing thought or image]	Behaviour [What did you do? What didn't you do?]	Alternative Response [What would be a rational & more balanced perspective?]

EMOTION RECORD SHEET

Use the information above to plot your most frequent emotion and intensity

