

# My Emotion Tracker

Goodpain Counseling · goodpaincounseling.com

Week of: \_\_\_\_\_ Name: \_\_\_\_\_

**A note on using this tool:** This worksheet is for personal use and self-reflection. It is not a medical or clinical assessment, and it does not constitute professional advice. Many people find that tracking their emotional experience helps them arrive at conversations with therapists, counselors, or trusted supports with greater clarity, but how you use it, and whether it is helpful for you, is entirely your call.

**Not sure what to call it? Start here** — Circle or underline words that feel close, then write them in the tracker below.

<b>Loss / sad</b>	<b>Fear / worry</b>	<b>Frustration</b>	<b>Shame / guilt</b>	<b>Connection</b>	<b>Numb / flat</b>
Sad	Anxious	Angry	Ashamed	Loved	Numb
Grief	Scared	Irritated	Embarrassed	Grateful	Disconnected
Lonely	Dread	Resentful	Guilty	Seen	Hollow
Empty	Uneasy	Bitter	Exposed	Close	Zoned out
Hopeless	Panicked	Helpless	Worthless	Proud	Blank

**Tracking log** — Add entries as you go. One row per entry — multiple entries per day are fine.

Date & time	What I noticed (emotion name)	How strong? (fill in dots: 1–10)	Where in my body	What was happening (situation / context)	What I did (response or behavior)
<i>Example</i> Mon 8am	<i>Anxious</i>	●●●●●○ 6 / 10	<i>Chest tight, jaw clenched</i>	<i>Before a work meeting I felt unprepared for</i>	<i>Checked my phone. Had trouble focusing.</i>
		○○○○○○○○			
		○○○○○○○○			
		○○○○○○○○			
		○○○○○○○○			
		○○○○○○○○			
		○○○○○○○○			



# Weekly Reflection

After tracking for a week, sit with these questions. You don't have to answer all of them.

Week of: \_\_\_\_\_

Reflection question	Your notes
Which emotions showed up most often this week?	
Were there situations that reliably brought on strong feelings?	
What did you notice in your body before you could name the feeling?	
Was there anything you did — even small — that helped?	
Is there anything you'd like to bring to your therapist or a trusted person?	

**Anything else on your mind this week?**

---

---

---

