

Sample Emotion Diary

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| Emotions | Motivate | Communicate to others | | | Communicate to me | |
|----------------|--|--|--|--|---|--|
| Emotion Name | What did my emotion motivate me to do? | How was my emotion expressed to others? | What message did my emotion express to others? | What was the effect of my emotion on others? | What was my emotion saying to me? | How did I check the facts? |
| Social Anxiety | Doodle Go within | Non-verbal expression Body language | Disinterested Bored Unfriendly Closed off Rude | Little to no effect on others around me | Fight or flight mode Heart palpitations Made me feel nervous and anxious Raised temperature, a little bit sweaty Knees were shaking | I actually just asked someone whether my assumptions were even true. It turned out that they weren't. |