



## Emotions Chart

**Directions:** Circle below one “positive” and one “negative” emotion which you experience most often. Then, track the next three instances in which you feel either emotion. For each instance, explain what triggered the emotion, what you thought about, and whether you expressed your emotion in a way that respected the dignity of all the persons involved.

love joy hope hate sadness despair anger fear

What happened to trigger the emotion?	What did you do about or with the emotion?
<b>Example:</b> <b>Joy:</b> <i>My grandma called me to wish me happy birthday.</i>	<i>I felt a lot of adrenaline, and a lot of peace. And I laughed so hard that my belly hurt. Afterwards, I thanked my grandma for calling me and told my mom about it.</i>
1.	
2.	
3.	
4.	
5.	