

Lesson 4. Exercise 2. Hourly Emotion Monitoring

Exercise Instructions: Each hour mark on the worksheet with an “X” the prominent emotion that you are feeling. E.g., if you are feeling hopefulness and worthy, which are at +1 and +2, pick the most prominent emotion of the two and put a cross in that box. Once the day is completed join the X’s together. This will show you how often your emotions fluctuate; you can link this emotion to the activity you were performing at the time and your thoughts about that activity; please write this on the back of the exercise sheet. Anything less than 0, practice your SEJ (covered in lessons 5 + 6).

Emotion	Scale	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Love, Joy, Passion, Freedom, Euphoria, Bliss, Empowerment	+5															
Happiness, Gratitude, Compassion, Inspired	+4															
Confidence, Open-hearted Serene	+3															
Worthy, Eagerness, At Ease, Light-hearted	+2															
Hopefulness, Acceptance, Encouraged	+1															
Neutral – Silence	0															
Doubt, insecurity, Lonely, Rejection, Disappointment	-1															
Worry, Pessimism, Frustration, Impatience, Irritation	-2															
Anger, Rage, Hatred, Fear	-3															
Sadness, Abandoned, Ashamed, Anxious	-4															
Despair, Grief, Depression, Hopelessness	-5															