Lesson 4. Exercise 2. Hourly Emotion Monitoring

Exercise Instructions: Each hour mark on the worksheet with an "X" the dominate emotion that you are feeling. E.g., if you are feeling hopefulness and worthy which are at +1 and +2, pick the most dominant 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 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															