

Name _____ Period _____ Date _____

Directions: In the first box provided, describe a strong emotion that you have felt.
Next describe the situation when you felt that strong emotion.
In the last box, relate how you feel now about the situation. (Did your emotion change or stay the same?)

EMOTIONAL HIGHS AND LOWS

Emotion	Situation	How You Feel Now
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		