

Sample Emotion Worksheet

Emotion	Description, Time and Place	Cause	My Reaction	Insight
Anger	We had a 9:00 a.m. doctor appointment; I had to be at Dad's house by 8:30 and leave by 8:45 to be on time	A trip to the bathroom at the last minute made us late	I started yelling at Dad; made Dad feel like a child, and I felt guilty	Dad moves slowly so build extra time into our schedule and make appointments later if possible
Frustration	Dining room, working at the computer, mid-afternoon	Mom keeps asking me questions while I'm trying to work	My answers keep getting shorter and shorter	Mom was worried about an upcoming visitor but explain why I can't have this conversation right now, then set a boundary for a time we can talk after work