

List the feelings and emotions you experience each day. Aim to identify at least 10 per day.	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Be prepared to discuss the following:

What are you noticing about your emotions? What are you learning about yourself?

What do you like about your emotions? What do you hope you can change?

What patterns do you notice about your emotions and automatic reactions?