

Emotional Journal

This journal is to help you track your emotional temperature throughout the day for a defined period of time. Divide your day into three phases. At the end of each phase, list a few words that describe your emotional temperature during that phase. For example, at the end of phase one (right before lunch), list how you felt that morning. It is not necessary to list why you felt as you did (although you may do so if you'd like). Again, at the end of phase two (right before dinner), list terms that describe how you felt during the afternoon, and again at the end of phase three (right before bed). Repeat this process every day for at least a week.

Usually, after a week or more of keeping this journal, a theme emerges. You may find that afternoons are usually very difficult for you. Or, you may find that you are most tempted in the evenings before bed. The objective is to become better acquainted with yourself and your emotional world.

Day of the Week	PHASE ONE Awake–noon	PHASE TWO Noon–dinner	PHASE THREE Dinner-bedtime