Emotions Research Sheet



Day (mon/tues etc) **EMOTION** On waking 9.00am 17.00pm 19.00pm 21.00pm Sleeptime 11.00am 13.00pm 15.00pm Y/N LOVE/TRUST **EXCITEMENT/JOY** FEAR (anxiety) ANGER (irritation) DISGUST SHAME (guilt) SADNESS STARTLE / SURPRISE