

HOW DO YOU

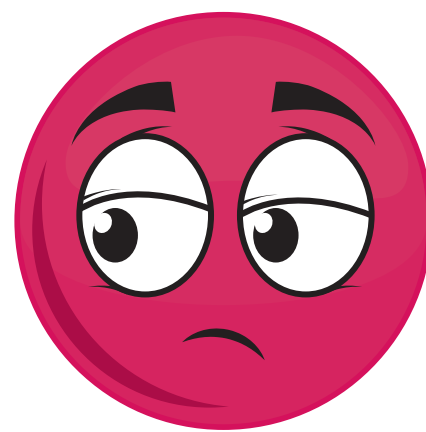
feel



happy



awkward



bored



disappointed



excited



miserable



sad



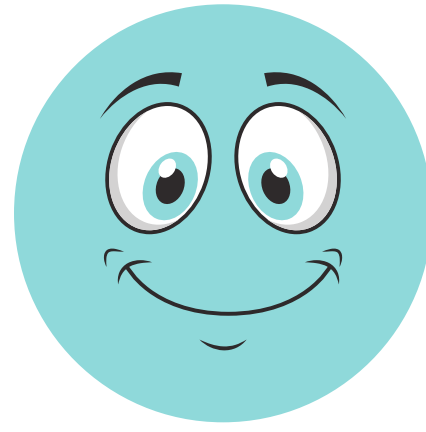
clueless



worried



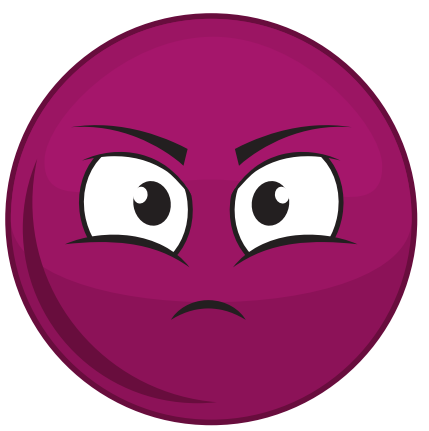
confused



content



edgy



cranky



deflated



elated



nervous



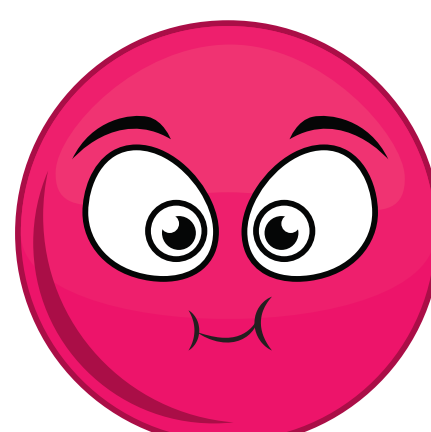
dizzy



happy



angry



silly

Current Emotion Check!

Which emotion(s) on the wheel best describe how you're feeling right now?

What caused these emotions. Was it something specific that happened today, or are these feelings connected to a broader context?

What thoughts were running through your mind?

How did the emotion(s) you felt influence your actions or reactions in the situation?

Based on your understanding of this emotion, what strategies can you use in the future to manage it more effectively?
