

**Skills Practice**

**FEELINGS MONITORING FORM**  **: IDENTIFY EMOTIONAL SITUATIONS**

**PURPOSE:** Build awareness of patterns in your feelings and work towards developing new coping skills.

Triggering Situation	Feeling	Intensity at Start (0-10)	Duration	Thoughts	Behavior	Intensity Afterward (0-10)	Effective?

SITUATION

FEELINGS

THOUGHTS

BEHAVIOR

RESULT