

Track Changes in Your Emotional Intensity

Emotional intensity refers to variations in the magnitude of emotional responses. You may feel a wide spectrum of emotions in a more vivid and profound way than others, including distress, despair, fear, excitement, joy, sadness, or happiness.

Fill in the time period you are tracking, referring to the top line of the chart. Mark an **X** to indicate the level of emotional intensity you experience at each time point. Levels range from 10 = extreme emotional intensity, to 0 = no emotional intensity. Make copies of this chart to track your emotional intensity over the next two weeks.

Today's Date: _____

Intensity Level	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	Noon	12:30	1:00	1:30	2:00
10													
9													
8													
7													
6													
5													
4													
3													
2													
1													
0													
Intensity Level	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
10													
9													
8													
7													
6													
5													
4													
3													
2													
1													
0													

What emotionally intense feelings did you experience today? Describe them.

Is there anything in particular that triggered you today? Explain.

How did you cope with emotional intensity? Was it effective? Why or why not?

What can you do differently to cope when you experience intense emotions? Be specific.

If you experienced emotional intensity before 8:00 a.m. or after 8:30 p.m., describe your experience below.
