



Activity 2: Examine My Emotional State Dimensions

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe: Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

	<hr/> People, Places, Things, Situations		
Emotions & Feelings	<hr/> Emotion	<hr/> Emotion	<hr/> Emotion
	<hr/> Feeling (I feel)	<hr/> Feeling (I feel)	<hr/> Feeling (I feel)
	<hr/> ME		

Questions to Explore

Pick one of the Discovery Cards above and answer the following questions.

Evaluate:

- Where do you feel this emotion in your body?
How does it feel physically?

- How often does this emotion show up (frequency)?
Hourly, daily, weekly? Has the frequency changed over time? How?

- How fast does this emotion come or go? Explain.

Evaluate (respond):

- How strong does this emotion feel in your body (intensity)? Is it more or less intense now than in the past? How?

- How long does this emotion last (duration)?
Is the duration increasing or decreasing? Explain.

Respond:

- When this emotion gets activated, who can you ask for help and support?