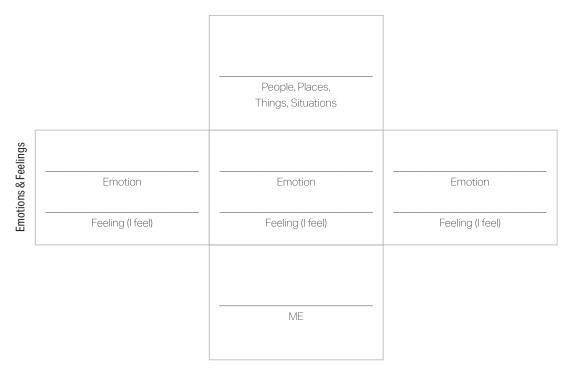


Activity 2: Examine My Emotional State Dimensions

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.



Questions to Explore

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

Evaluate:

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

Evaluate (respond):

- 4. How strong does this emotion feel in your body (intensity)? Is it more or less intense now than in the past? How?
- 2. How often does this emotion show up (frequency)? Hourly, daily, weekly? Has the frequency changed over time? How?
- 5. How long does this emotion last (duration)? Is the duration increasing or decreasing? Explain.

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

Respond:

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

