

Feeling Awareness Chart

date:

time:

Emotional Feelings & Why	0-10	Physical Feelings	0-10	Irrational Thoughts	Rational Thoughts
Happy		pain			
joyful		numbness			
excited		stress			
satisfied		tingling			
content		energetic			
dissatisfied		sluggish			
lonely		tired			
empty		bloated			
stressed					
anxious					
frustrated					
angry					
sad					
depressed					
afraid					
fat					