RISHI COACHES

*Practical support for parents and teenagers*

RCI Reg. No. A126278
ESTIMATED TIME: 5 MIN

MOOD & STRESS - CBT / EMOTION REGULATION

# Emotion Awareness Log: Trigger / Feeling / Intensity / Response

A 4-column teen journal: what happened, what I felt, how big it got, what I did.

HOW TO USE: Complete each step in your own words. Short answers are enough.

**Participant Name:** _____ **Date:** _____ **Target: 5m**

## 1 COLUMN 1 - WHAT HAPPENED? (THE TRIGGER)

Write only what a camera would record: who, what, when, where. Not 'Rohan disrespected me' but 'Rohan read my text in the group and replied LOL'. The trigger is the match, not the wildfire.

*PRACTICAL TIP: If your sentence blames, rewrite it as footage.*

## 2 COLUMN 2 - WHAT DID I FEEL & THINK?

Name the emotions (Word Bank below if stuck) and the thought behind them. Two feelings can co-exist: 'angry at Papa AND relieved he finally noticed'.

*PRACTICAL TIP: Honesty beats tidiness. The exact word matters less than the attempt.*

## 3 COLUMN 3 - HOW INTENSE? (1-10)

Rate at the peak: 1-2 barely there, 3-4 buzzing, 5-6 heavy, 7-8 takes over the room, 9-10 full storm. Rate twice if you can - watching a 9 become a 5 proves feelings pass.

*PRACTICAL TIP: Numbers turn vague dread into trackable data.*

## 4 COLUMN 4 - WHAT DID I DO? (THE RESPONSE)

Log what you actually did - door-slam, venting, scroll, run, silence - plus one word: helped / hurt / neutral. This column is research, not a report card.

*PRACTICAL TIP: The goal is noticing which responses shrink the number.*

## PAGE 2 - YOUR LOG: FILL ONE ROW PER EMOTIONAL MOMENT

| Trigger (what happened) | Feelings & Thoughts | Intensity (1-10) | My Response |
|---|---|---|---|
| *Sunday 8 PM. Papa compared my SA-1 marks with cousin Riya's in front of everyone.* | *Shame + anger. 'In this house I am only my percentage.'* | *9 at the time. 6 after writing it.* | *Wrote this instead of slamming the door. Helped.* |
| EXAMPLE | | | |
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### STUCK FOR THE WORD? THE FEELINGS VOCABULARY - pick 2-3 from any family

| | |
|---|---|
| **ANGER & IRRITATION** | irritated - annoyed - fuming - furious - resentful - betrayed - defensive - done-with-everyone |
| **FEAR & WORRY** | anxious - nervous - worried - scared - panicky - uneasy - tense - overwhelmed - helpless - dreading-Monday |
| **SAD & HURT** | sad - hurt - disappointed - heartbroken - lonely - left-out - rejected - ignored - low - gloomy |
| **EMBARRASSMENT & SHAME** | embarrassed - ashamed - humiliated - guilty - awkward - exposed - cringing at myself |
| **JEALOUSY & COMPARISON** | jealous - envious - inferior - left-behind - not-enough - second-best - invisible |
| **NUMB & FLAT** | empty - numb - blank - detached - tired-of-everything - running-on-auto - meh |
| **CALM & GOOD (LOG THESE TOO)** | calm - relieved - proud - hopeful - grateful - content - confident - light - genuinely-laughing |

**- After 5 entries, look for the repeat: which day, which person, which hour raises the number?**

**- Which response MOVES the number down (helped) - and which feeds it (hurt)? Double down on the first, retire the second.**

**- Bring this log to a counsellor session, or share one entry at home - patterns get twice as clear with a second pair of eyes.**