

HOW INTENSE IS IT RIGHT NOW?

A REFLECTION WORKSHEET ON EMOTIONAL INTENSITY

1

WHAT AM I EXPLORING?

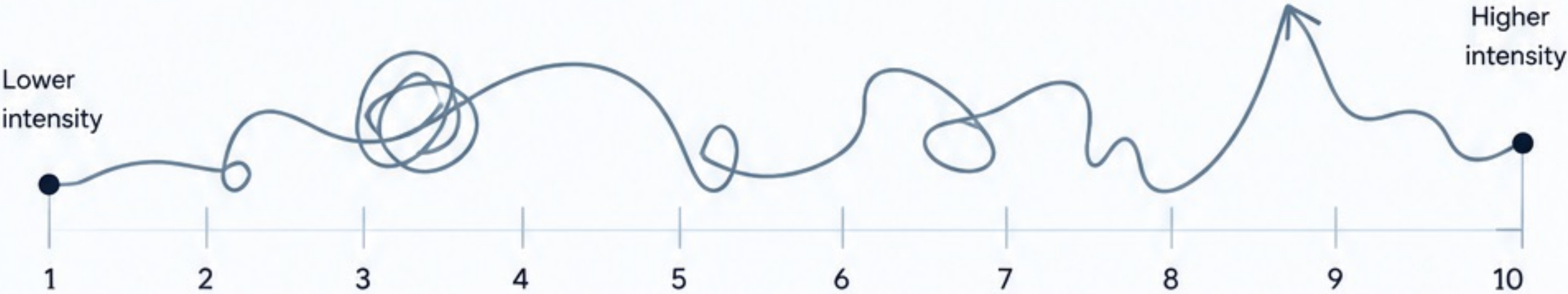
Choose one emotion that you're experiencing or want to understand better.

I'm exploring...

2

MY EMOTIONAL INTENSITY (A MESSY JOURNEY)

Emotions rarely move in a straight line. They can go up, down, and all over the place. Use the scale below to show how intense this emotion has felt for you. You can draw a line, make dots, or scribble — there's no right or wrong way.



AT ITS LOWEST (1), THIS FEELS LIKE...

AT ITS HIGHEST (10), THIS FEELS LIKE...

3

WHAT ARE THE SIGNS?

What tells me I'm moving up, staying in the middle, or coming down on the intensity scale?

↑

MOVING UP

What are the early signs that this emotion is getting more intense for me?

—

IN THE MIDDLE

What does it look or feel like when this emotion is at a moderate level?

↓

COMING DOWN

What are the signs that this emotion is starting to decrease or calm down?