

Table of emotions

Identify 5 emotions you have had in your day. Name them as accurately as possible. Then try answering the following questions within the given table.

1. How much energy does this emotion have?
2. How pleasant is this emotion?

		Pleasantness	
		High	Low
Emotion (1/5)	Energy	High	Low
	Low		

		Pleasantness	
		High	Low
Emotion (2/5)	Energy	High	Low
	Low		

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Emotion (3/5)

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		Pleasantness	
		High	Low
Energy	High		
	Low		

Emotion (4/5)

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		Pleasantness	
		High	Low
Energy	High		
	Low		

Emotion (5/5)

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		Pleasantness	
		High	Low
Energy	High		
	Low		

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