Emotion Activity Log

Often, we are so overwhelmed by negative emotions that we begin to discount the positive ones. Use this worksheet to record pleasurable and positive experiences.

When?	What Did You Do?	How Did You Feel?	What Did You Think?

Adapted from:

McKay, Matthew, Jeffrey Wood, and Jeffrey Brantley. *The Dialectical Behaviour Therapy Skills Workbook*. N.p.: New Harbinger Publications, Inc., 2007. Print.