## **Emotion Exploration Scale**

Understanding what an emotion feels like, and how it changes as it grows, is one of the first steps to learning how to control the emotion. Choose an emotion you would like to explore and describe how it progresses from the lowest possible level (1) to the highest possible level (10).

Emotion:

1	2	3	4	5	6	7	8	9	10
				~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~				~	
Thoughts			Though	nts			Thoughts		
Behaviors			Behavio	ors			Behaviors		
Currente re c. / D	husiaal Caraati				Concetions			husiaal Caraati	
Symptoms / P	hysical Sensati	IONS	Sympto	oms / Physical	Sensations		Symptoms / P	hysical Sensation	ons