

Feelings & Managing My Feelings Log 25

Self-Management Skills Module

<u>Date</u>	<u>Feelings</u> What Am I Feeling?	<u>Situation</u> Why am I feeling this way? What led to these feelings What activity, relationship, environment, or other situations led to these feelings?	<u>Managing My Feeling</u> If the feelings were unpleasant, how did I manage my feelings and did my behavior make the situation better, worse, or have no impact?	<u>Managing My Behavior</u> What, if anything, could I have done to manage my feelings more effectively and made the situation better for me and/or my relationships?

Feelings & Managing My Feelings Log 2024

<u>Date</u>	<u>Feelings</u> What Am I Feeling?	<u>Situation</u> Why am I feeling this way? What led to these feelings What activity, relationship, environment, or other situations led to these feelings?	<u>Managing My Feeling</u> If the feelings were unpleasant, how did I manage my feelings and did my behavior make the situation better, worse, or have no impact?	<u>Managing My Behavior</u> What, if anything, could I have done to manage my feelings more effectively and made the situation better for me and/or my relationships having unpleasant feelings?