









Feelings Face Chart

Client Name: _____ Date: _____

Instructions:

Thank you for exploring and expressing your emotions using the Feelings Faces Chart. Please take a moment to review the chart below and identify any emotions that resonate with your current feelings. Circle the facial expression(s) that closely represent your emotions. Additionally, rate the intensity of each emotion on a scale from 1 to 10, where 1 indicates very low intensity, and 10 indicates very high intensity.

Emotion	Facial Expression
Happiness	
Sadness	
Anger	
Fear	
Surprise	
Confusion	
Contentment	
Empathy	

Emotional Assessment:

Please rate the intensity of each identified emotion on a scale from 1 to 10:

Emotion	Intensity (1-10)
Happiness	
Sadness	
Anger	
Fear	
Surprise	
Confusion	
Contentment	
Empathy	

Assessment Questions:

How do you perceive these emotions influencing your daily life?

Are there any specific triggers or situations associated with these emotions?

What coping strategies do you typically use to manage these emotions?

Have recent changes or events impacted your emotional state?

Action Plan:

Additional Notes: