

Mood And Tone Worksheet

Name:

Date:

Instructions:

1. Reflect on your recent experiences, interactions, or situations that have evoked strong emotions within you.
2. For each situation, identify the primary emotion you experienced and the tone associated with it.
3. Consider the thoughts, behaviors, and body sensations accompanying that emotion.
4. Write down your responses in the corresponding sections below.

Situation 1:
Emotion:
Tone:
Thoughts:
Behaviors:
Body sensation:

Situation 2:
Emotion:
Tone:

Thoughts:

Behaviors:

Body sensation:

Situation 3:

Emotion:

Tone:

Thoughts:

Behaviors:

Body sensation:

Situation 4:

Emotion:

Tone:

Thoughts:

Behaviors:

Body sensation:

Situation 5:

Emotion:

Tone:

Thoughts:

Behaviors:

Body sensation: