

Mood and Tone Worksheet

Name: _____ Date: _____



This worksheet helps you explore the connection between situations, emotions, and how you express them. Understanding these patterns allows you to develop greater emotional awareness and improve communication.

Instructions

Describe recent situations that triggered significant emotional responses. For each situation, identify:

- The primary emotion you felt
- The tone with which you expressed it
- Your thoughts during the situation
- Your behaviors or actions
- Physical sensations in your body

Situation 1

Briefly describe what happened:

Primary emotion:

Tone of expression:

Thoughts that went through your mind:

Behaviors (what you did or how you acted):

Body sensations (what you felt physically):

Situation 2

Briefly describe what happened:

Primary emotion:

Tone of expression:

Thoughts that went through your mind:

Behaviors (what you did or how you acted):

Body sensations (what you felt physically):

Situation 3

Briefly describe what happened:

Primary emotion:

Tone of expression:

Thoughts that went through your mind:

Behaviors (what you did or how you acted):

Body sensations (what you felt physically):

Reflection and notes