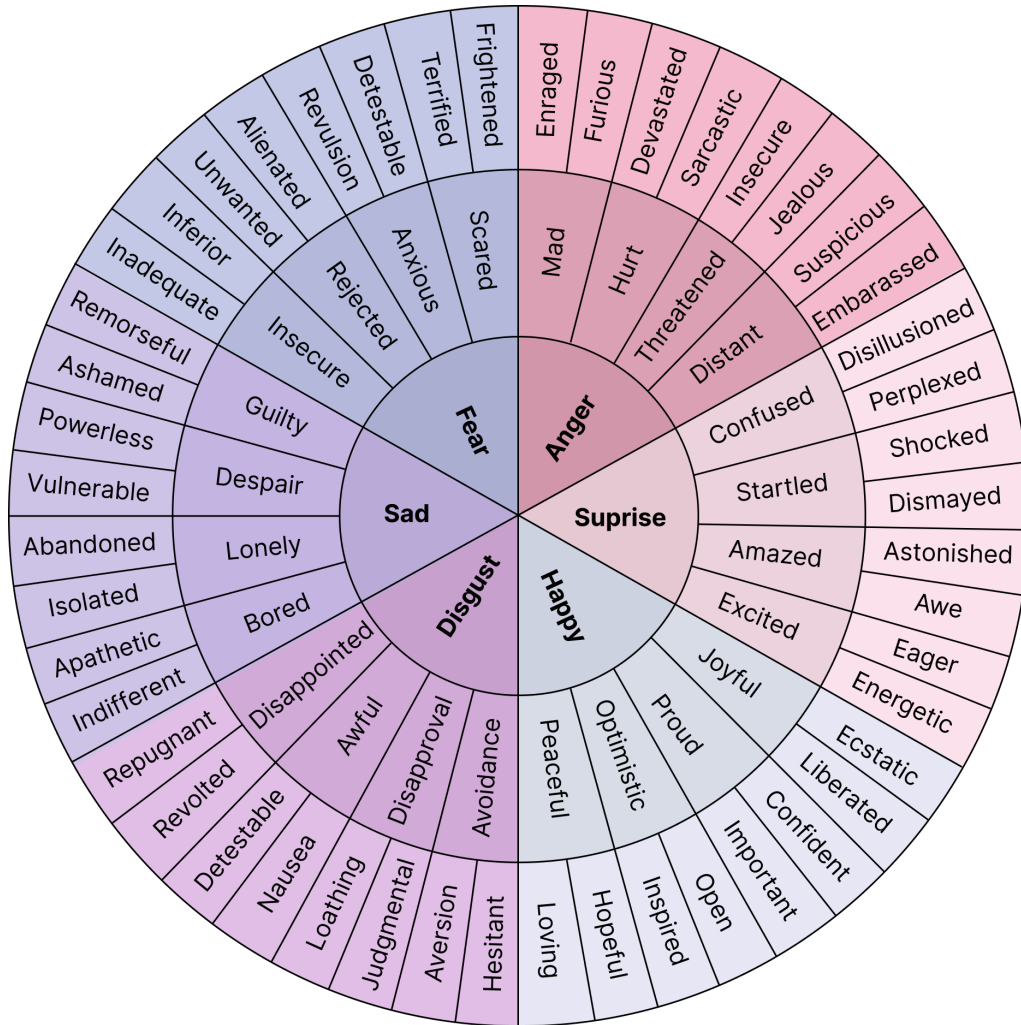


# Observing and Describing Emotions DBT Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use this feelings wheel to help identify and name your emotions more precisely.



## Observing your emotions

What emotion am I experiencing right now?

How intense is this emotion?

1 Barely noticeable      2      3      4      5 Moderate      6      7      8      9      10 Very intense

|   |  |
|---|--|
| <b>What triggered this emotion?</b>   | <b>What physical sensations do I notice?</b> |
|   |  |
| <b>What thoughts are going through my mind?</b>   | <b>What do I feel like doing right now?</b>  |
|   |  |
| <b>Describing without judgment</b>  |  |
| <b>Describe this emotion like you're explaining it to someone who has never felt it before:</b> |  |
|   |  |
| <b>What might this emotion be trying to tell me or help me with?</b>                            |  |
|   |  |
| <b>What did I learn about this emotion today?</b>   |  |
|   |  |