

Primary Emotions List

Name	
Name of Healthcare Professional	Date of Session
List of Primary Emotions	
Happiness	
Examples of when patient feels happy	
Physical sensations associated with happiness	
Sadness	
Examples of when patient feels sad	
Physical sensations associated with sadness	
Fear	
Examples of when patient feels fear	
Physical sensations associated with fear	

Anger

Examples of when patient feels angry

Physical sensations associated with anger

Surprise

Examples of when patient feels surprised

Physical sensations associated with surprise

Disgust

Examples of when patient feels disgusted

Physical sensations associated with disgust

Reflecting on Emotions

How do these emotions affect the patient's daily life and relationships?

Are there any emotions the patient finds difficult to recognize or express?