

## Emotion Log

This is a document you can use to keep track of your emotions.

By writing down how you are feeling, and anything that happened before you noticed the feeling, or what might be happening soon, you might be able to notice a pattern.

If you feel badly, and the same or similar thing just happened - that might be the cause. By writing it down and keeping a record, it can help you figure it out.

You can also show this document to other people to help show that there is a problem, or use it as evidence when speaking up.

You don't need to fill in every part of the table. You can just fill in what you think is useful to keep track of.

For more information about this, and what you can do next, go to the Right to be Heard hub section 'Is Something Wrong'

Date	I am feeling	This just happened	This will be happening soon	Notes



## Emotion Log

Date	I am feeling	This just happened	This will be happening soon	Notes



**Right to be  
Heard!**

[www.righttobeheard.org.au](http://www.righttobeheard.org.au)