

**Daily Connections-Detailed** © Robert Gregory 11.16

Please write a brief summary of a social interaction you had with another person over the previous 24 hours. Note that the interaction can be either positive or negative.

What did you say or do during the interaction?

What did the other person say or do?

How did it make you feel when the other person said or did that?

Place a check mark next to the emotions that you experienced during this social interaction. Check all that apply:

- |   |   |
|---|---|
| <input type="checkbox"/> hopeful, optimistic, encouraged  | <input type="checkbox"/> angry, annoyed, irritated  |
| <input type="checkbox"/> ashamed, embarrassed, guilty     | <input type="checkbox"/> amused, silly, playful     |
| <input type="checkbox"/> relieved, comforted, pleased     | <input type="checkbox"/> scared, fearful, afraid    |
| <input type="checkbox"/> disgust, distaste, revulsion     | <input type="checkbox"/> safe, trusting, understood |
| <input type="checkbox"/> grateful, appreciative, thankful | <input type="checkbox"/> sad, downhearted, grieving |