

**Daily Connections** © Robert Gregory v.4.22.22

**Interaction:** For each day of the week, briefly describe a specific interaction you had with another person that day. Choose the interaction that caused you to have the strongest reaction, either positive or negative, regardless of the time of day. As time permits, expand on this interaction in your journal.

**Specific emotions:** Rate each of the emotions that you had during that interaction from 0 (emotion did not occur) to 4 (very strong emotional reaction). Also, list any other emotions (see back of sheet).

**Date of first entry:** \_\_\_\_\_

Day	Interaction	Specific emotions				
		Shame 0-4	Relief 0-4	Fear 0-4	Anger 0-4	Other (list)
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

## Emotions List

strong  
confident  
powerful  
capable  
respected  
desirable  
excited  
detached  
scornful  
intruded

jealous  
angry  
mad  
irritated  
annoyed  
frustrated  
impatient  
harassed  
betrayed  
persecuted  
blamed  
distrustful  
misunderstood  
unappreciated  
proud  
innocent  
blameless

sad  
grieving  
hurt  
disappointed  
concerned  
competent  
capable  
lovable  
secure  
curious  
playful  
content  
satisfied  
fulfilled  
peaceful  
relaxed  
hopeful  
forgiving  
grateful

ashamed  
embarrassed  
guilty  
inferior  
irresponsible  
worthless  
discouraged  
hopeless  
desperate  
frantic  
rejected  
alone  
abandoned

scared  
afraid  
uncertain  
hesitant  
worried  
apprehensive  
helpless  
insecure  
inadequate  
incompetent  
longing  
needy  
lonely  
trusting  
close  
loved  
appreciated  
understood  
accepted