



The **TOOLBOX**

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS

MY EMOTIONS DIARY

TOOL: Prevention | Intervention

TARGET AUDIENCE: Teens

TOOL INTENDED FOR: Teens

DESIGN

Line Massé
Jeanne Lagacé-Leblanc
Claudia Verret



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TOOL: Prevention | Intervention

TOOL INTENDED FOR: Teens

TARGET AUDIENCE: Teens

- Teens who have difficulty managing their emotions, particularly teens who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Difficulty correctly identifying the sources of negative emotions.

SPECIFIC GOALS

- To help the teens assess the intensity of their emotions, determine the situations that gave rise to them and identify their emotional signals.

DESIGN

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TOOL CONTENT

Write your emotions diary every day of the week. It will help you manage your emotions on a daily basis. If you prefer, you can also use a diary that you already have. Here are the key steps for your diary.

- 1) Briefly describe a situation during the day in which you experienced a negative emotion.
- 2) On a scale of 1 to 10, identify the intensity of the emotion experienced (e.g. 1 = very calm, 10 = very angry).
- 3) Describe what your thoughts were during this situation.
- 4) Describe your reaction.





MY EMOTIONS DIARY

DAY 1

Situation:

Intensity (1-10):

My thoughts:

My reactions:

DAY 2

Situation:

Intensity (1-10):

My thoughts:

My reactions:

DAY 3

Situation:

Intensity (1-10):

My thoughts:

My reactions:

DAY 4

Situation:

Intensity (1-10):

My thoughts:

My reactions:



MY EMOTIONS DIARY

DAY 5

Situation:

Intensity (1-10):

My thoughts:

My reactions:

DAY 6

Situation:

Intensity (1-10):

My thoughts:

My reactions:

DAY 7

Situation:

Intensity (1-10):

My thoughts:

My reactions:

