

Rate feelings 0 (none) to 10 (strongest ever)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Anger							
Sadness							
Frustration							
Confusion							
Rejected							
Guilt							
Disappointed							
Happiness							
Hungry							
Loved							
Nervous							
Excluded							
Misunderstood							
Ignored							
Like I matter							
Depth of breathing							
How tense is the stomach							
How fast is the heart beating							