



SCALING THE EMOTION

~ Sadness ~

Emotion _____ Situation _____

Emotion _____ Situation _____

Emotion _____ Situation _____

~ Engaged/Present ~

Emotion _____ Situation _____

Emotion _____ Situation _____

Emotion _____ Situation _____

~ Happiness ~

Emotion _____ Situation _____

Emotion _____ Situation _____

Emotion _____ Situation _____

~ Anger ~

Emotion _____ Situation _____

Emotion _____ Situation _____

Emotion _____ Situation _____

~ Fear ~

Emotion _____ Situation _____

Emotion _____ Situation _____

Emotion _____ Situation _____