

**Daily Connections** © Robert Gregory 3.14

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

Accepted	Honored	Abandoned	Humiliated
Affectionate	Hopeful	Afraid	Hurt
Alive	Humorous	Alone	Impatient
Amused	Interested	Angry	Inadequate
Attractive	Joyful	Annoyed	Incompetent
Beautiful	Lovable	Apprehensive	Indebted
Blameless	Loving	Ashamed	Indecisive
Brave	Loyal	Betrayed	Inferior
Calm	Passionate	Bitter	Inhibited
Capable	Peaceful	Blamed	Insecure
Caring	Playful	Contempt	Intruded
Cheerful	Pleased	Defeated	Irresponsible
Cherished	Powerful	Dependent	Irritated
Comfortable	Proud	Despairing	Jealous
Comforted	Quiet	Desperate	Let down
Competent	Relaxed	Disappointed	Lonely
Concerned	Relieved	Disbelief	Mad
Confident	Respected	Discouraged	Misunderstood
Content	Safe	Disgust	Needy
Courageous	Satisfied	Distrust	Rage
Curious	Secure	Embarrassed	Rejected
Delighted	Self-reliant	Empty	Responsible
Desirable	Sexy	Exasperated	Sad
Eager	Silly	Evil	Scared
Excited	Special	Fearful	Sleazy
Flattered	Strong	Foolish	Sorry
Forgiving	Supportive	Frantic	Touchy
Friendly	Surprised	Frustrated	Trapped
Fulfilled	Sympathetic	Furious	Ugly
Generous	Tender	Guilty	Unappreciated
Glad	Trusted	Hateful	Uncertain
Good	Trusting	Helpless	Unfulfilled
Grateful	Understood	Hesitant	Unsafe
Great	Warm	Hopeless	Worried
Happy	Welcomed	Horrified	Worthless