

## Client's Self Assessment of Emotions

It is helpful to us and we hope it will be helpful to you to have you think about and rate your emotions each time we meet as well as your perceptions of your spouse's/partner's emotions. This process can help each of you understand how you are working through the stages of the emotional divorce.

Please rate your feelings on a scale of 0-10.

Zero means you have no physical feeling that you would interpret as the one named.

Ten means the most intense physical sensation that you interpret as the emotion named.

Circle the number that you think best represents the level of your feelings. Remember you can have more than one feeling at a time. It is normal to have a mixture of feelings.

### RIGHT NOW I FEEL:      LEAST..... . MOST INTENSE

Anger	0	1	2	3	4	5	6	7	8	9	10
Fearful	0	1	2	3	4	5	6	7	8	9	10
Sadness	0	1	2	3	4	5	6	7	8	9	10
Depressed	0	1	2	3	4	5	6	7	8	9	10
Relieved	0	1	2	3	4	5	6	7	8	9	10
Worried	0	1	2	3	4	5	6	7	8	9	10
Embarrassed	0	1	2	3	4	5	6	7	8	9	10
Lonely	0	1	2	3	4	5	6	7	8	9	10
Confused	0	1	2	3	4	5	6	7	8	9	10
Weak	0	1	2	3	4	5	6	7	8	9	10
Strong	0	1	2	3	4	5	6	7	8	9	10
Happy	0	1	2	3	4	5	6	7	8	9	10
Jealous	0	1	2	3	4	5	6	7	8	9	10
Despairing	0	1	2	3	4	5	6	7	8	9	10
Frustrated	0	1	2	3	4	5	6	7	8	9	10
Calm	0	1	2	3	4	5	6	7	8	9	10

Name: \_\_\_\_\_

Date: \_\_\_\_\_