

15 what causes your feelings?

you need to know

There are usually patterns to your feelings and your behaviors. Understanding when you have upsetting feelings and how you cope with them will help you better understand your SI. Understanding what triggers your positive feelings may help you learn what you can do that will keep you in a better mood.

Your upsetting feelings, as well as your positive ones, occur for predictable reasons. They may be triggered by outside events, such as when someone you know is mad at you, or by internal thoughts or memories. Feelings are also influenced by things we take for granted, like the weather, the season, the time of day, the food you eat, how much sleep and exercise you get, and so on.

Although you can never have complete control of your feelings, you can learn to manage them better, coping with distressing feelings more effectively and increasing your positive feelings.

This activity will help you identify the feelings you commonly have and then keep track of them throughout the day.

activity 15 * what causes your feelings?

your feelings throughout the day

On the chart on the next page, write how you feel during each hour you are awake. The chart covers twenty-four hours, because some people get up early and some stay up late. You can put a line through the hours when you are sleeping.

Refer to the feelings you circled in Activity 14: *Understanding Your Feelings*, and try to be as specific as possible in identifying your feelings. Rate how strong each feeling was, with 1 = "not a very strong feeling" and 10 = "a very powerful feeling." Then write what you were doing when you had the feeling.

activity 15 * what causes your feelings?

| Time | Feeling | Strength | What Were You Doing |
|----------|---------|----------|---------------------|
| 6 a.m. | | | |
| 7 a.m. | | | |
| 8 a.m. | | | |
| 9 a.m. | | | |
| 10 a.m. | | | |
| 11 a.m. | | | |
| noon | | | |
| 1 p.m. | | | |
| 2 p.m. | | | |
| 3 p.m. | | | |
| 4 p.m. | | | |
| 5 p.m. | | | |
| 6 p.m. | | | |
| 7 p.m. | | | |
| 8 p.m. | | | |
| 9 p.m. | | | |
| 10 p.m. | | | |
| 11 p.m. | | | |
| midnight | | | |
| 1 a.m. | | | |
| 2 a.m. | | | |
| 3 a.m. | | | |
| 4 a.m. | | | |
| 5 a.m. | | | |

After you have completed this chart for a day, answer the questions on the next page.

activity 15 * what causes your feelings?

what did you learn about your feelings?

Which feelings did you have most often?

Which feelings were the strongest?

Did any particular event usually trigger your positive feelings?

Did any particular event usually trigger your unpleasant feelings?

Think about whether this was a typical day. If it wasn't, you may want to complete the chart again.