



# manage my emotion journal

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*"Feelings are much like waves, we can't stop them from coming, but we can choose which ones to surf."*

*- Jonatan Martensson*

# get to know me time!



Hello! My name is...

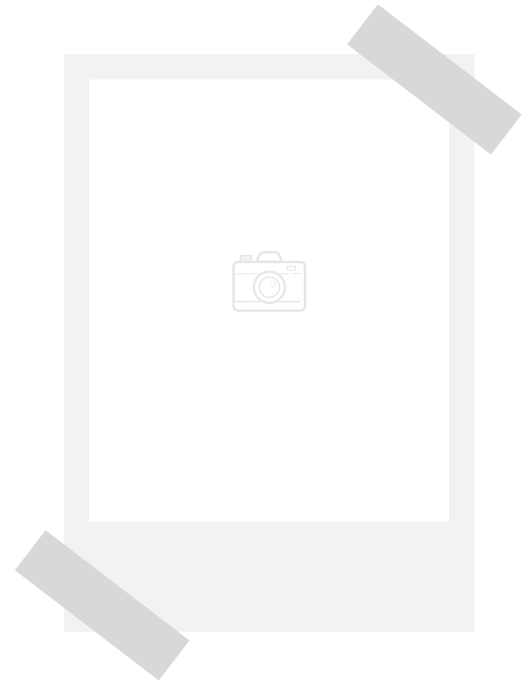
Nickname

Age

Address

Birthday

Zodiac Sign



My Hobbies are

My Favorite

Color: .....

Food: .....

Pet: .....

Song: .....

Movie: .....

Fun Facts About Me

My Motto in Life

# what are emotions?



**"Emotions are the colors of life,"** said **C.S. Lewis**.

They're our body's way of reacting to the world around us. Like a painter's palette, they create the rich tapestry of our experiences. Happy, sad, angry, scared - these are just a few of the many hues that make up our emotional spectrum. Understanding our feelings is like having a personal weather forecast; it helps us navigate life's storms and sunshine.

## Components of Emotions

- **Physiological Arousal** - This involves physical changes in the body such as increased heart rate, sweating, or muscle tension.
- **Subjective Feelings** - These are the internal experiences associated with emotions, like happiness, sadness, anger, or fear.
- **Expressive Behaviors** - These are external manifestations of emotions, including facial expressions, body language, and tone of voice.
- **Cognitive Interpretations** - This refers to how we think about and understand our emotions, influencing our emotional responses.

## Functions of Emotions

Emotions serve various essential functions.

- Emotions like fear motivate us to avoid danger, while anger can protect us from threats.
- Emotions help us express our needs, desires, and feelings to others.
- Emotions can drive us to pursue goals and achieve our desires.
- Emotions facilitate connections with others and build relationships.

## The Emotional Spectrum

People can feel lots of different things. We can feel happy, sad, angry, scared, surprised, or disgusted. But there are also lots of other feelings that mix together, like feeling happy and scared at the same time. It's important to understand all our feelings, even the tricky ones.

It's okay to feel whatever you feel. Your feelings tell you something about what's happening inside you.