

Emotional Wellness Worksheet | 감정 웰빙 워크시트

1. 오늘의 기분 표현하기

Describe how you feel today in one word or sentence.

2. 감정의 원인 추적하기

What triggered that feeling? Was there an event or thought?

3. 생각 vs 감정 구분하기

Is it a fact or a feeling? Try to separate the two.

4. 나를 진정시키는 방법 찾기

What can help calm you down right now?

5. 내가 감사한 것 3 가지

Name 3 things or people you're grateful for today.

① _____ ② _____ ③ _____

6. 힘든 순간을 지나온 나 칭찬하기

Think of a hard moment you overcame. Say something kind to yourself.




Emotional Wellness Worksheet (7-Day Journal)







Day	Mood (1–10)	Emotion Words	What triggered this feeling?	How did you respond?	What helped you cope?	Gratitude of the Day
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Example of use:

- **Mood:** Please rate your overall mood today on a scale of 1 to 10.
- **Emotion Words:** ex. anxious, relieved, lonely, calm
- **Trigger:** ex. received an email, argument, quiet walk
- **Response:** ex. I cried, I shut down, I reached out
- **Coping:** ex. breathing, talking to friends, drawing
- **Gratitude:** ex. sunlight, warm tea, friend's message

Emotional Self-Check – Daily Feeling Checklist

Emotion Category	Examples (English)	Today's Feeling (✓)
 Positive	Grateful, joyful, proud, hopeful	
 Calm/Neutral	Peaceful, grounded, okay, fine	
 Sadness/Grief	Lonely, heartbroken, disappointed, hopeless	

Emotion Category	Examples (English)	Today's Feeling (✓)
 Anger/Frustration	Irritated, furious, annoyed, resentful	
 Anxiety/Fear	Worried, panicked, scared, insecure	
 Overwhelmed/Stress	Overloaded, pressured, burnt out, restless	
 Tired/Lack of Energy	Exhausted, drained, unmotivated, sleepy	
 Connection/Love	Caring, affectionate, close, trusted	
 Numb/Empty	Blank, disconnected, nothing, detached	

✅ Usage Tips 활용 팁:

- Check once a day: “How would I put my feelings into words?”
하루에 한 번 체크: "내 감정을 단어로 표현하면 무엇일까?"
- View weekly sentiment trends: Analyze trends based on items checked each day
주간 감정 경향 보기: 매일 체크한 항목을 기반으로 트렌드 분석 가능
- Can be used before introducing emotional expression training and counseling
감정 표현 훈련 및 상담 도입 전 활용 가능

* This is one of the session and homework worksheets used in Todak to help you with your emotional stability.

이 것은 여러분의 감정안정을 돕기 위하여 토닥에서 사용되는 세션 및 홈워크용 워크시트의 하나입니다.

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