

## Self-Guidance Exploration of Feelings and Emotions

Example:- Please read each statement and scale your feelings 0-10 out of 10 (10 being the most intense) E.g.

Week Commencing:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
By recording the intensity of your feelings each day this may help you to recognise the changes in your mood and reflect on what life experiences support improvement to your emotional responses. Take time to look at the ways that you are actually able to cope on a daily basis. These are hidden gems of your character that can easily be overlooked.	6-10	5-10	6-10	3-10	7-10	5-10	4-10
I have feelings of hopelessness, and low mood							
I find myself crying constantly finding it difficult to stop							
I have thoughts of self-harm							
I'm feeling tired and low in energy							
I find it difficult to get out of bed							
I can't motivate myself to do the things that I know might help me							
I can't face speaking with others							
Other:							

Here at the Riverside our counselling services are provided by qualified and experienced counsellors who are available to speak with you to help you to decide whether counselling may be helpful for you at this time of self-isolation and social distancing.

Call the Riverside on 0115 9864 990 for advice and support.