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Seven-Day Emotional Diary

Experiment 2 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To observe daily situations, emotions and coping responses over seven days.

Principle

A structured diary can help identify recurring patterns between situations, feelings and actions. A short personal rating is a reflection aid rather than a validated diagnostic measurement.

Requirements

- Private diary or password-protected file and seven-day record sheet.
- A few minutes at a consistent time each day.

Procedure

1. Set privacy

Choose a safe record location and decide what, if anything, you wish to share.

2. Describe event

Each day record one situation briefly using facts, with no unnecessary identifiers.

3. Name feeling

Use your own emotion words and, if helpful, a consistent 0-10 intensity rating. Define what the scale means for you.

4. Record response

Note thoughts, body sensations, actions and the coping step actually used.

5. Review effect

Write what happened after the action without forcing a positive interpretation.

6. Summarise week

Look for recurring triggers, helpful responses and one realistic adjustment for the following week.

Mental Well-Being Stress and Conflict Management

Observations and Record

Day	Situation / emotion	Response / observation
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- A fictional entry: "Before a presentation I felt worried, 6/10. I rehearsed the opening with a friend and felt more prepared." This does not prove that rehearsal will help everyone.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers**1. Why record facts before interpretations?**

It helps distinguish the event from assumptions about it.

2. Does a 0-10 diary rating diagnose illness?

No. It is an informal personal reflection scale.

3. What should the weekly summary contain?

Patterns, observed effects and one practical next step.

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