



# Emotion and Impact Diary

## Understand the space between feeling and expression

Every feeling is allowed. How it is expressed can still affect us and the people around us. Use this diary to understand patterns without turning reflection into blame.

### What I felt and what was happening

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### How I expressed it - words, silence or actions

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### How the other person seemed to respond

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### What I needed but did not know how to say

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### What I would like to try next time

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