

Coaching for Physicians

LOG OF EMOTIONS

Record a log of how often each day you experience different emotions. Use a simple scheme such as: MAD (angry), SAD (depressed or melancholic), BAD (guilty), GLAD (happy), and AFRAID (anxious or scared). If you are in a hurry record just the first letter (M,S,B,G,A). The exact time is not essential, look for patterns. Periodically check in with yourself. Do not go more than a few hours without checking in. If necessary set a timer.

Ask yourself:

- Which emotion do you experience most often?
- Does a particular emotion occur at the same time each day? What might be happening at that time?
- Do you experience a particular emotion when you wake up each day?
- Do you experience a particular emotion right before you go to sleep?
- If you cannot sleep, what emotion is most common?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WAKING UP							
7.00							
8.00							
9.00							
10.00							
11.00							
noon							
1.00							
2.00							
3.00							
4.00							
5.00							
6.00 pm							
7.00							
8.00							
GOING TO BED							