

# EPISODAL EMOTION JOURNAL

Emotion Being Tracked: \_\_\_\_\_

Directed Evaluation: \_\_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Time: \_\_\_\_\_      Place: \_\_\_\_\_

Description of Event: \_\_\_\_\_

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Counselor Directed Evaluation: \_\_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Time: \_\_\_\_\_      Place: \_\_\_\_\_

Description of Event: \_\_\_\_\_

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Counselor Directed Evaluation: \_\_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Time: \_\_\_\_\_      Place: \_\_\_\_\_

Description of Event: \_\_\_\_\_

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Counselor Directed Evaluation: \_\_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Time: \_\_\_\_\_      Place: \_\_\_\_\_

Description of Event: \_\_\_\_\_

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Counselor Directed Evaluation: \_\_\_\_\_

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