

Client name:

Keyworker:

Date: / /

My Emotions

Things that worry me



Things that scare me



My mood is usually ...

What my friends say about me

My Emotions

Problems that run in my family

Things I do to cope with stress

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful