

Emotional Intensity Mapping Tool

Map your emotional landscape — body signals, triggers, and needs — to respond rather than react.

Name: _____ Date: _____ Clinician: _____

Purpose: Neurodivergent individuals often experience emotions with greater intensity than others. This tool helps you map your emotional landscape — understanding your triggers, body signals, and needs — so you can respond rather than react.

MY EMOTIONAL INTENSITY BASELINE

	Never	Rarely	Sometimes	Often	Always
I experience emotions more intensely than others seem to			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My emotions shift quickly and feel difficult to regulate			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel emotions physically in my body before I can name them			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong positive emotions can feel as overwhelming as negative ones			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to de-escalate once emotions are activated			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often feel misunderstood when I express the intensity of my feelings			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EMOTION MAPPING

For each core emotion, describe your experience:

ANGER / FRUSTRATION

Body sensations	Typical trigger	What I need
_____	_____	_____
_____	_____	_____

ANXIETY / FEAR

Body sensations	Typical trigger	What I need
_____	_____	_____
_____	_____	_____

SADNESS / GRIEF

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Body sensations	Typical trigger	What I need
_____	_____	_____
_____	_____	_____

JOY / EXCITEMENT

Body sensations	Typical trigger	What I need
_____	_____	_____
_____	_____	_____

SHAME / EMBARRASSMENT

Body sensations	Typical trigger	What I need
_____	_____	_____
_____	_____	_____

REFLECTION & INTEGRATION

The emotion I find most difficult to regulate:

One skill or strategy that helps me when emotions are intense:

What I wish others understood about my emotional experience:
