















Right-Brain Emotional Inventory

Instructions: Before we engage in a restorative conversation, please take a moment to explore how you are feeling. Choose a rating from 0 (not experiencing this feeling) to 5 (this feeling is overwhelmingly present). Please circle the number that best describes your emotion or feeling at the present moment.

Angry	Scared	Peaceful	Content	Sad	Surprised	Energetic
						
0	0	0	0	0	0	0
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5

Irritated	Worried	Calm	Excited	Hopeless	Hurt	Inspired
						
0	0	0	0	0	0	0
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5