

# EXPRESSING EMOTIONS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

People are pretty bad at identifying their true feelings.

When asked about our feelings, most people will usually say they feel: bad, sad, mad, good, or fine. But

underneath "good, bad, sad, mad, or fine" are many words that better describe how we feel.

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others.

Using the prompts below, think of a specific action (this could be something you did, or something someone else

did) or event and fill in the blank to identify what's underneath. The feelings list on the back of this page can help

you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you'll

find it easier over time.

I felt bad when \_\_\_\_\_ (action or event). But what i was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

i felt bad when \_\_\_\_\_ (action or event). But what i was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

I felt mad when \_\_\_\_\_ (action or event). But what i was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

I felt good when \_\_\_\_\_ (action or event). But what i was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

I felt happy when \_\_\_\_\_ (action or event). But what i was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

\_\_\_\_\_