

Name:

Date:

UNDERSTANDING MY EMOTIONS

Think about how you've been feeling this week. Complete the chart below honestly.

What I Felt:

- | | |
|-------------------------------|-----------------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Excited |
| <input type="radio"/> Sad | <input type="radio"/> Tired |
| <input type="radio"/> Angry | <input type="radio"/> Overwhelmed |
| <input type="radio"/> Anxious | <input type="radio"/> Confused |
| <input type="radio"/> Lonely | <input type="radio"/> Proud |

What Happened? (Situation)

What Did I Think?

How Did I React?

A Healthier Way I Could Respond: