

Name: _____

Date: _____

PROCESSING YOUR EMOTIONS

Think about a situation that made you feel a strong emotion.
Answer the questions below.

1. What happened? (Situation)

2. What emotion did you feel?

- Happy**
- Sad**
- Angry**
- Worried**
- Frustrated**
- Other: _____**

3. Why do you think you felt this way?

4. What did you do when you felt this emotion?

5. What is a healthy way to handle this feeling next time?