

Name : _____ Date : _____

Explore My Feelings

The Situation : _____

Can you identify your feelings that you are experiencing about the situation?

1 **2** **3** **4**

I feel **1** _____ because _____

I feel **2** _____ because _____

I feel **3** _____ because _____

I feel **4** _____ because _____

What are some things you can do to cope with these feelings?

