

Identify Your Feelings

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sad | Scared | Ashamed | Hopeless | Tired | Disappointed |
| Anxious | Lonely | Guilty | Disgusted | Frustrated | Insecure |
| Bored | Hurt | Jealous | Depressed | Annoyed | Powerless |
| Unimportant | Shame | Overwhelmed | Bitter | Stressed | Rejected |

Imagine the following situations. Ask yourself what primary emotion you might have in the situation in addition to anger. You may use the words above or any other emotion word that you believe you may feel.

* If someone makes a joke about my clothes in front of other people I would feel \_\_\_\_\_\_\_\_\_\_\_\_\_.
* If my best friend told me that they didn’t want to hang out with me anymore I would feel\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If my parents promised to take me to a party but never showed up I would feel \_\_\_\_\_\_\_\_\_\_\_\_\_.
* If my sibling broke my favorite toy I would feel\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If I’m having a hard time getting my homework done and my mom keeps giving me more things to do I would feel\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If I told my friend a secret and she told someone else I would feel \_\_\_\_\_\_\_\_\_\_\_\_\_.
* If I loaned my friend a book and they gave it back ripped and stained with juice I would feel \_\_\_\_\_\_\_\_\_\_\_\_\_.
* If I am trying to talk and no one is listening to me I would feel \_\_\_\_\_\_\_\_\_\_\_\_\_.
* I always have to do what my friend wants to do. My friend never does what I want to do. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_.

Talk a time you acted out in anger but now that you take a moment you realize that you were feeling another feeling in addition to anger.