

Getting in touch with our feelings

Name: _____

1. Think about the last time you felt angry, jealous, disappointed, sad or hurt.
Write it down.

I feltwhen

.....

.....

.....

Were you part of the problem? How?

.....

Could you have avoided the situation?

2. Close your eyes. Think about how you felt physically at that time.

My face felt..... My mouth felt

My breath felt My hands felt

3. Next time you feel angry, scared, jealous or hurt, ask yourself:

What am I feeling?

Why am I feeling like this?



4. What could you do to make yourself feel better?

.....

.....

.....

Taking Control.

Our negative feelings stop us from feeling happy. They make us feel bad about ourselves and others and affect the way we interact with other people.

List all the things that make you feel bad.

I hate because

.....

I feel jealous of because

.....

I feel scared ofbecause

.....

I feel angry with/whenbecause.....

.....

Sometimes I feel sad because.....

.....

When you have completed this worksheet, fold it neatly in half and take it outside. Tear it into tiny pieces and discard all your negative feelings in the nearest dustbin.

