

FEELINGS IDENTIFICATION WORKSHEET



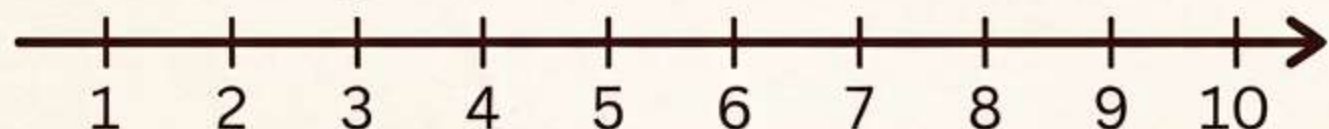
What happened?



- ☐ DISAPPOINTED
- ☐ NERVOUS
- ☐ EMBARRASSED
- ☐ LONELY
- ☐ OVERWHELMED
- ☐ IRRITATED

What emotion am I feeling?

How strong is it?



Is there another feeling underneath it?

Where do I notice it in my body?



HOW TO USE:

Circle, write, or highlight what fits. **And** what fits. Mixed feelings are normal.



BUILDING EMOTION VOCABULARY.
PINPOINT SPECIFIC FEELINGS. EASILY.

"What Am I Feeling and Why?" Worksheet

Best for: Figuring out the 'why' behind feelings. Easy to moderate.

Age Group: Teens & Adults

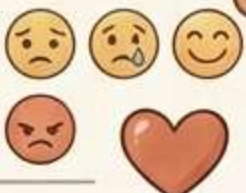


WHAT HAPPENED?





WHAT AM I FEELING?





HOW STRONG IS THE FEELING?





WHAT CONTRIBUTED TO IT?





WHAT DO I WANT SOMEONE ELSE TO UNDERSTAND?





How to use: Be simple and specific with the situation.



Look back and pick one thing to communicate.

FEELINGS AND BODY SIGNALS



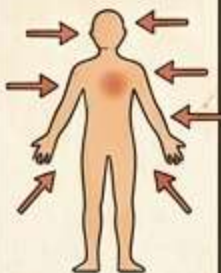
SITUATION

Describe what was happening.



BODY SENSATION

What physical clues did you notice?



BODY EMOTION

Name the core feeling.



THOUGHT

What story was in your head?



RESPONSE

What action did you take next?



An angry face icon



An angry face icon



Conversation Preparation



teens and
adults

moderate
difficulty

I feel...

When...

What I think/understand is...

What I need...

What I'd like to happen...



Key for watch your draft



Write a
rough draft



Strip
accusations
and mind-
reading



Read out loud
and rewrite in
your normal
voice



Feelings Drawing Worksheet.

Example feelings:



HAPPY



SAD



ANGRY



SCARED



DRAW WHAT THE FEELING LOOKS LIKE.



Use any shape, character, or scribble.
It doesn't have to look good, just express it!



GIVE IT A COLOR



WHERE DOES IT LIVE IN YOUR BODY?



WHAT WOULD IT SAY IF IT COULD TALK?



WHAT WOULD HELP?



Feelings and Needs



WHAT AM I FEELING? (Name the feeling)

WHAT MIGHT I NEED? (Test a few, e.g., space, clarity, rest)



Talking About Feelings in Relationships

A tool for couples, friends, and family to separate facts from assumptions.

Best for: Interpersonal tension

Difficulty: Moderate to Challenging

Age: Teens and Adults



1. What Happened?

- The specific, observable event (e.g., 'You didn't reply yesterday.')
- **Keep observation separate.*



2. What do I Feel?

(e.g., Hurt, Worried, Disappointed)



3. What am I Assuming or Interpreting?

- The story I told myself (e.g., 'You don't care about me')
- This gap matters.



4. What do I want to ask for?

- One clear request (e.g., 'A quick text to check in')
- Is there a boundary to communicate?



EMOTIONAL REGULATION BEFORE A DIFFICULT CONVERSATION



SECTION 1: HOW INTENSE IS THE EMOTION?



SECTION 2: AM I READY TO TALK?



SECTION 3: DO I NEED A PAUSE?



SECTION 4: WHAT WOULD MAKE THIS CONVERSATION FEEL SAFER?



CALM SETTING

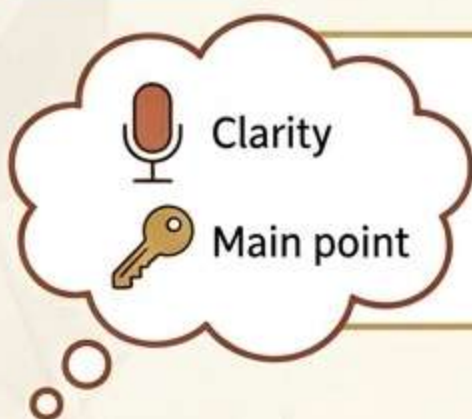


WRITING MY THOUGHTS



SETTING BOUNDARIES

SECTION 5: WHAT DO I NEED TO COMMUNICATE?





Talking About Feelings for Kids



How do I feel?



HAPPY



SAD



ANGRY



EXCITED



SCARED



PROUD



SHY



SURPRISED



I feel _____ when _____



Draw what happened



What would help?



Who can I talk to?



Parent



Teacher



Counselor





Adult Feelings-to-Words

For Adults: Turn complex emotions into clear communication.
Work through in order. Be honest, not polished.

1. The Situation (Briefly describe)



2. My Main Emotion(s) (Use words like frustration, (Use words like frustration, disappointment, anxiety)

3. Emotion Intensity (Rate 1-10 or use words like mild, strong)

4. What I'm Thinking (The internal dialogue)

5. The Underlying Need (What do I really want?)



6. What I Want to Say (My core message)



7. What I Want from the Conversation (A realistic request or outcome)

