

FEELINGS IDENTIFICATION WORKSHEET



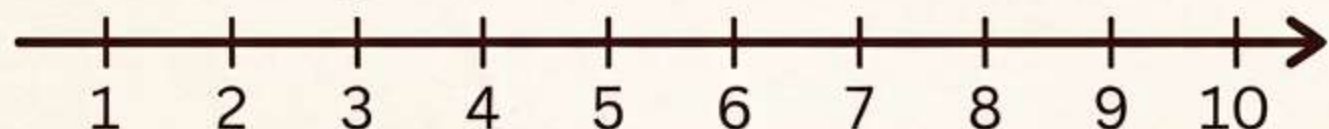
What happened?



- ☐ 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.