

"What Am I Feeling and Why?" Worksheet

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

Age Group: Teens & Adults

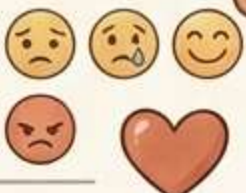


WHAT HAPPENED?





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.