



HOW I FEEL

My Name \_\_\_\_\_

Date \_\_\_\_\_



1. Right now, I feel: *(circle)*

**FOR DEMONSTRATION ONLY**

Happy	Mad	Bored	Upset
Goofy	Sad	Worried	Blah
Excited	Angry	Anxious	Scared

2. Do you know why you feel this way? If so, tell me why \_\_\_\_\_

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**FOR DEMONSTRATION ONLY**

3. How can you learn something about yourself or your environment from your feelings?

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**FOR DEMONSTRATION ONLY**

4. If you're experiencing an unpleasant feeling, what skills can help you cope with it?

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