

Directions

1. Select and check off one strong emotion you have experienced in the list below.
2. Select and check off physical signs that you might feel when experiencing the strong emotion you selected.
3. Describe a situation when you have felt or might feel this strong emotion.



Strong Emotions

- Angry
- Frustrated
- Irritated
- Nervous
- Sad
- Hurt
- Jealous
- Disrespected
- Embarrassed
- Other: _____



Physical Signs:

- Feel hot
- Face gets red
- Head hurts
- Stomach hurts
- Palms sweat
- Heart races
- Can't think straight
- Muscles tighten up
- Breath gets faster
- Other: _____



I really feel: _____

when: _____
