

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Feelings awareness

Think of different situations, and complete the following sentences:

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

When I have this feeling, I notice this is what I am thinking \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_