

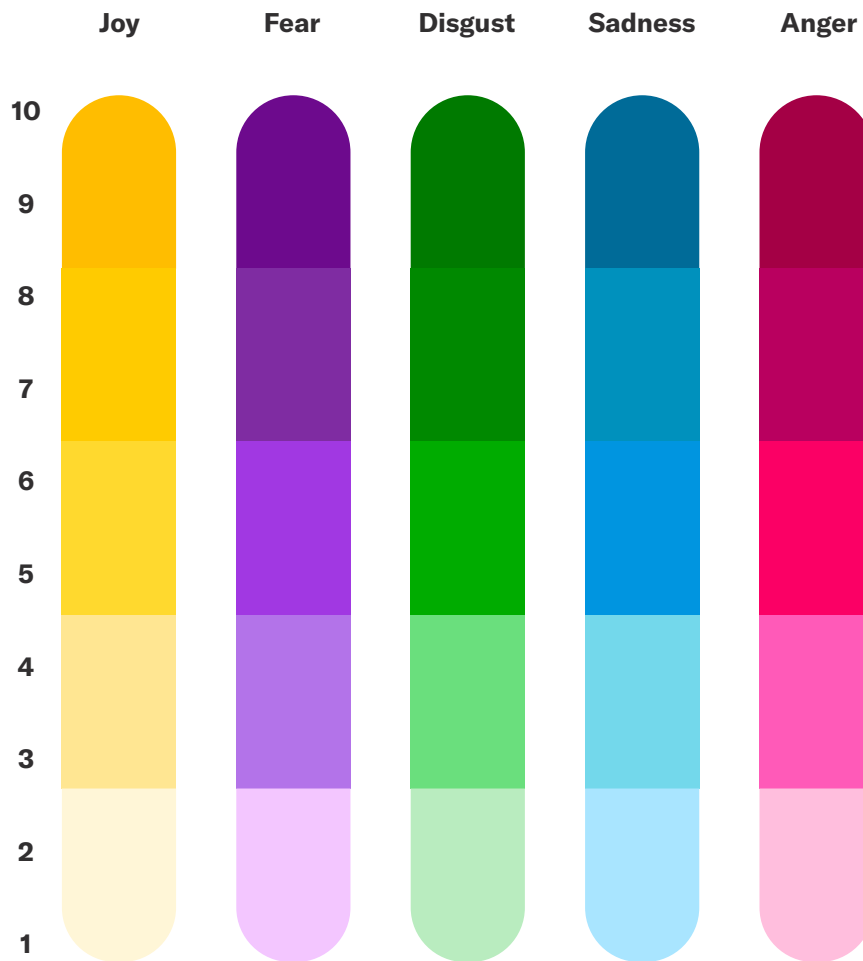


## UNDERSTANDING FEELINGS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

# Feelings Scales

Look at the scales below and pick a shade for each feeling that best matches how much you felt that feeling today. A light shade means feeling a little of that feeling and a dark shade means feeling a lot of that feeling.



### Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.

