Understanding Feelings

Identifying Feelings

Every human has 5 primary emotions: JOY, SADNESS, FEAR, ANGER, DISGUST

Directions: Circle all of the feelings you've experienced within the past week. Underline the feelings you've experienced the most intensely. Add any others you've experienced in the space below.



Reflection: Write or discuss the following questions:

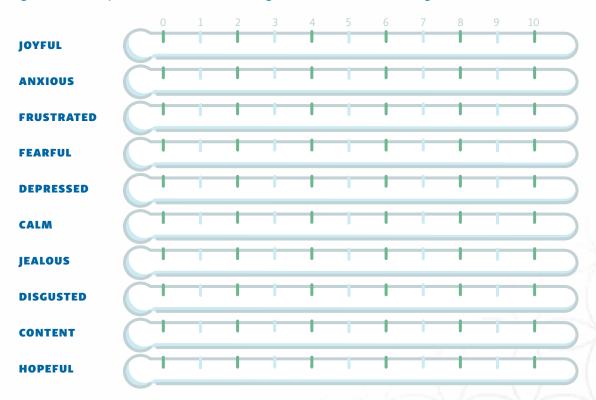
- 1. For the feelings you circled, what do you think caused these feelings?
- 2. For the feelings you underlined, what do you think caused these feelings?
- 3. How do you typically respond to the negative feelings you've circled and/or underlined?
- 4. Are there any feelings you've circled and/or underlined that you experience on a regular basis? If so, how often (daily, weekly, etc.) and when did this frequency begin?



Understanding Feelings

Feelings Intensity and Body Response

Directions: Fill in the ratings below to indicate how intensely you've experienced each feeling within the past week, with 0 being not at all and 10 being the most intense.



Directions: For each of the primary feelings listed below, write about or discuss the physical symptoms that you experience in your body. Refer to the box below for suggestions

IOY

faster heart rate tension in neck and shoulders stomachache tightness in chest furrowed brows weakened or shaky legs headache sweaty palms slower heart rate reddened or hot cheeks clenched teeth steady breath clenched fists pursed lips shallow or quickened breathing nausea more energy shaky urge to run heaviness

SADNESS

