

SESSION SEVEN: DESCRIBING OUR FEELINGS

Think about some of the emotions you experience: happy, afraid, disgusted, angry, and sad. How would you describe each of these feelings?

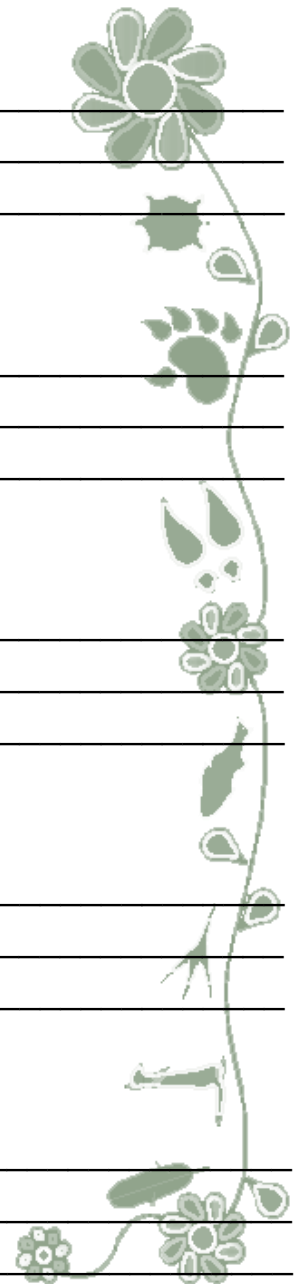
Happy:

Afraid:

Disgusted:

Angry:

Sad:



SESSION SEVEN: RECOGNIZING OUR FEELINGS

We have used words to say how we feel, but have you ever thought about WHERE you FEEL your feelings? There are no right or wrong answers, everyone may experience their feelings in their own way.

Take a few minutes to think about how your feelings and emotions actually **feel in your body** to you and try to describe how you feel when you experience these feelings.

1. What does **happy** feel like in your body?
2. Where or how do you experience **fear**?
3. When you are **disgusted**, where do you feel it?
4. If you are **angry** what happens to your breathing? Where do you feel anger?
5. Where in your body do you experience **sadness**?



SESSION SEVEN: UNDERSTANDING OTHERS' FEELINGS

Draw a line connecting the word to the picture that best represents the feeling.

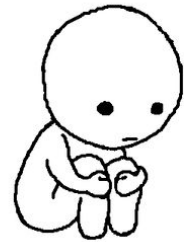
Happy



Afraid



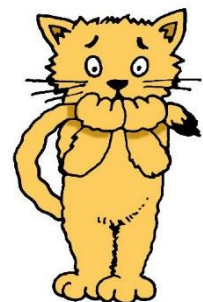
Disgusted



Angry



Sad



SESSION SEVEN: YOUTH HASSLE LOG

Each time you feel upset, fill out a hassle log.

Date: _____

- Morning
 Afternoon
 Evening

WHERE WERE YOU?

- Home
 School
 Other: _____

WHAT WERE YOU DOING?

- Playing
 Eating Lunch
 Other: _____

WHAT HAPPENED?

- | | |
|---|--|
| <input type="checkbox"/> Somebody took something of mine.
<input type="checkbox"/> Somebody was doing something I didn't like.
<input type="checkbox"/> Somebody started arguing with me. | <input type="checkbox"/> Somebody teased me.
<input type="checkbox"/> Something else (identify):
_____ |
|---|--|

WHO WAS THE OTHER PERSON THAT WAS INVOLVED?

- Friend
 Teacher
 Parent
 Other (identify): _____

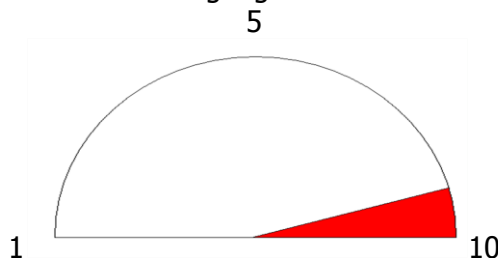
WHAT DID YOU DO?

- | | |
|---|--|
| <input type="checkbox"/> Ignored it
<input type="checkbox"/> Talked it out
<input type="checkbox"/> Laughed, made a joke of it
<input type="checkbox"/> Walked away calmly
<input type="checkbox"/> Told a friend or someone about it
<input type="checkbox"/> Broke something
<input type="checkbox"/> Threw something
<input type="checkbox"/> Cried | <input type="checkbox"/> Told an adult
<input type="checkbox"/> Ran away
<input type="checkbox"/> Yelled
<input type="checkbox"/> Used Anger Control Technique (identify):

<input type="checkbox"/> Used Coping Skill (identify):

<input type="checkbox"/> Other: _____ |
|---|--|

Draw an arrow on the emotion gauge to indicate how upset you were.



Did you feel this "hassle" was resolved? _____

SESSION SEVEN TAKE HOME ACTIVITY

FEELINGS

We have many kinds of feelings and emotions. No feeling is bad – but sometimes how we behave when we feel a strong emotion can have a positive or negative impact on our lives. What are the things that make you feel happy, afraid, disgusted, angry, and sad? On the left, write down the things that make you feel a certain way and on the right, write how you behave when you feel them.

The Event

Something that makes me happy is:

Something that makes me afraid is:

Something that makes me feel disgusted is:

Something that makes me angry is:

Something that makes me sad is:

The Result

When I feel happy I ...

When I feel afraid I ...

When I feel disgusted I ...

When I feel angry I ...

When I feel sad I ...

