



Worksheet 12:

Things that make me feel bad

Name Date

 **Instructions**

Consider some of the things that have made you feel bad recently. What was the situation and how did it make you feel – angry? sad? worried?

I felt bad when...

.....

.....

And it made me feel...

.....

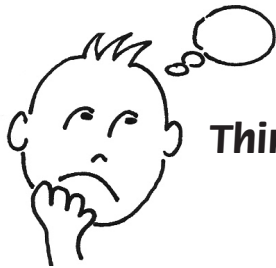
I felt bad when...

.....

.....

And it made me feel...

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Things that have made me feel bad recently...

I felt bad when...

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And it made me feel...

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I felt bad when...

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And it made me feel...

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