



Worksheet 14:

Understanding emotions

Name Date

The situation...

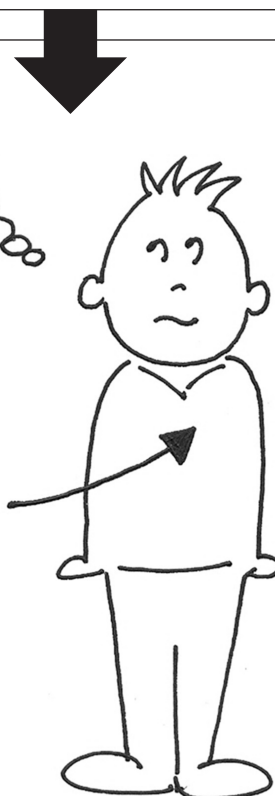
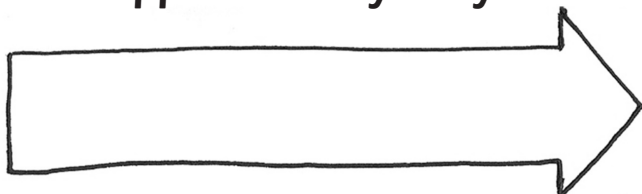
What did I think?



What did I feel?

.....

What happened to my body?



ME

What did I choose to do?

choices

What were the consequences?



Is there anything I could of done differently?

