



Worksheet 14:

# Understanding emotions

Name A WORKED EXAMPLE Date .....

**The situation...** My mum made me tidy my bedroom when I'd arranged to meet my friends in town.

**What did I think?**

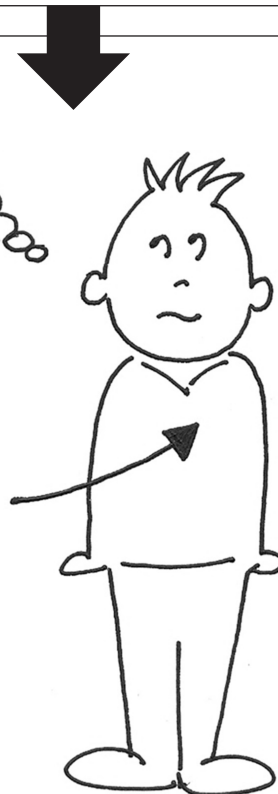
She is mean.  
This is unfair.  
She hates my friends

**What did I feel?**

angry

**What happened to my body?**

I went red. I clenched my fists. My breathing was fast



**What did I choose to do?**

I shouted at my mum and slammed the door

**What were the consequences?**

I got grounded and didn't see my friends

**Is there anything I could of done differently?**

I could have stayed calm and promised I would do it as soon as I'd got back.

