

# Managing Feelings Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet by listing healthy ways to deal with the various feelings, or emotions, listed below. Be specific in your answers.

When I feel angry, I will \_\_\_\_\_.

When I feel sad, I will \_\_\_\_\_.

When I feel nervous, I will \_\_\_\_\_.

When I feel worried, I will \_\_\_\_\_.

When I feel lonely, I will \_\_\_\_\_.

When I feel embarrassed, I will \_\_\_\_\_.

When I feel disappointed, I will \_\_\_\_\_.

When I feel \_\_\_\_\_, I will \_\_\_\_\_.

