

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 _____.

