

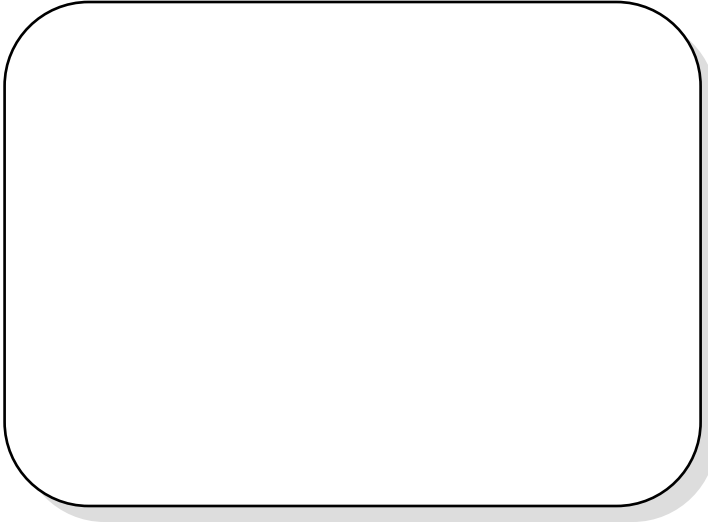


# MY FEELINGS JOURNAL

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

# MY FEELINGS JOURNAL: ANGRY

This is what ANGER looks like...



ANGER is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel ANGRY...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Two other words for "ANGRY"

1. \_\_\_\_\_
2. \_\_\_\_\_

These are three things that make me ANGRY:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am ANGRY:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can do to control my ANGER:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you were ANGRY:

---

---

---

# MY FEELINGS JOURNAL: SAD

This is what SADNESS looks like...

Feeling SAD is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel SAD...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Two other words for "SAD"

1. \_\_\_\_\_
2. \_\_\_\_\_

These are three things that make me SAD:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am SAD:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can do to feel better when SAD:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you were SAD:

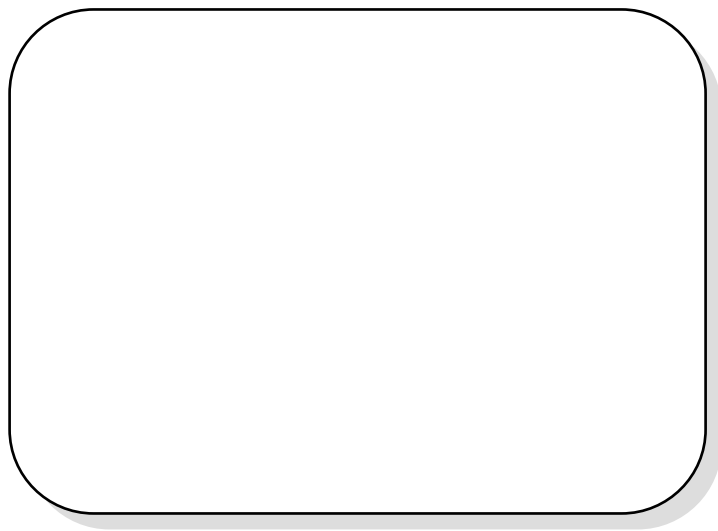
---

---

---

# MY FEELINGS JOURNAL: HAPPY

This is what HAPPY looks like...



HAPPINESS is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel HAPPY...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Two other words for "HAPPY"

1. \_\_\_\_\_
2. \_\_\_\_\_

These are three things that make me HAPPY:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am HAPPY:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can do to make others HAPPY:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you were really HAPPY:

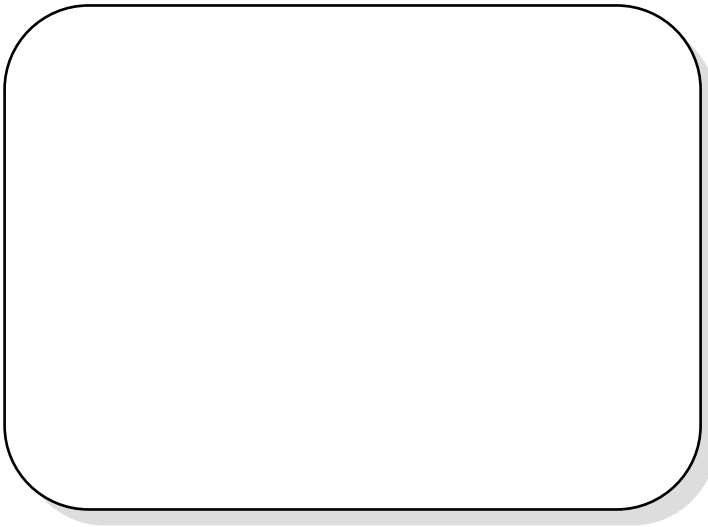
---

---

---

# MY FEELINGS JOURNAL: WORRIED

This is what WORRY looks like...



WORRIED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel WORRIED...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Two other words for "WORRY"

1. \_\_\_\_\_

2. \_\_\_\_\_

These are three things that I WORRY about:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am WORRIED:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can tell myself when I am WORRIED:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you were WORRIED:

---

---

---

# MY FEELINGS JOURNAL: AFRAID

This is what FEAR looks like...

Being AFRAID is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel AFRAID...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Two other words for "AFRAID"

1. \_\_\_\_\_
2. \_\_\_\_\_

These are three things that I am AFRAID of:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am AFRAID:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can do to calm down when I am AFRAID:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you were AFRAID:

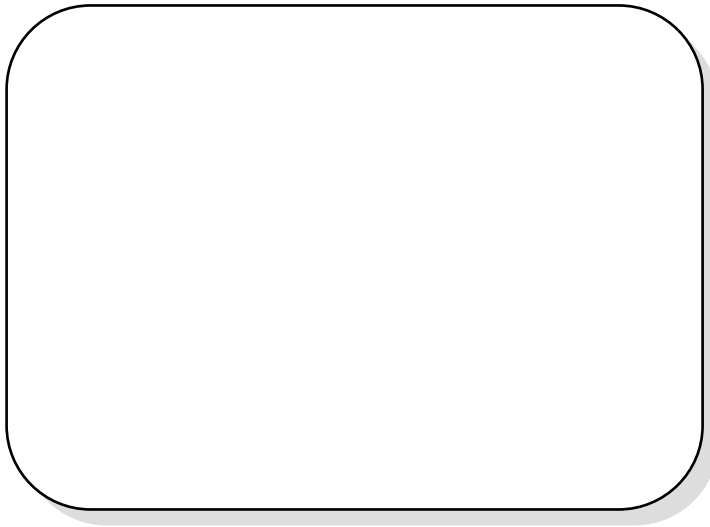
---

---

---

# MY FEELINGS JOURNAL: DISAPPOINTED

This is what DISAPPOINTMENT looks like...



Feeling DISAPPOINTED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I get DISAPPOINTED...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Being DISAPPOINTED is the same as being let down...

- ☐ True
- ☐ False

These are three things that DISAPPOINT me:

1.

2.

3.

This is how I act when I am DISAPPOINTED:

1.

2.

Here are three things that I can do to avoid DISAPPOINTING others:

1.

2.

3.

Describe the last time you were DISAPPOINTED:

---

---

---

# MY FEELINGS JOURNAL: PROUD

This is what PRIDE looks like...



Being PROUD is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel PROUD...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Being PROUD is the same as being egotistical...

- ☐ True
- ☐ False

These are three things that I am PROUD of:

1.

2.

3.

This is how I act when I am PROUD:

1.

2.

Here are three things that I can do to make others PROUD of me:

1.

2.

3.

Describe the last time you were PROUD:

---

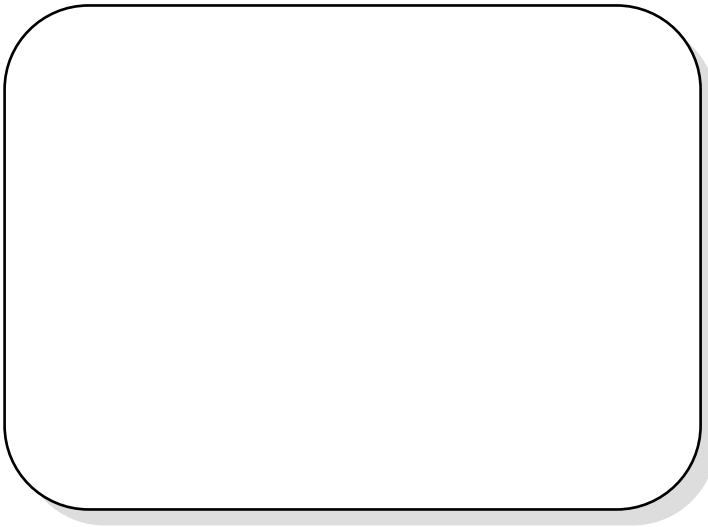
---

---



# MY FEELINGS JOURNAL: LONELY

This is what LONLINESS looks like...



LONLINESS is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel LONELY...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Being alone is the same as being lonely...

- ☐ True
- ☐ False

These are three times when I feel LONELY:

1.

2.

3.

This is how I act when I am LONELY:

1.

2.

Here are three things that I can do to make myself feel better when I am LONELY:

1.

2.

3.

Describe the last time you felt LONELY:

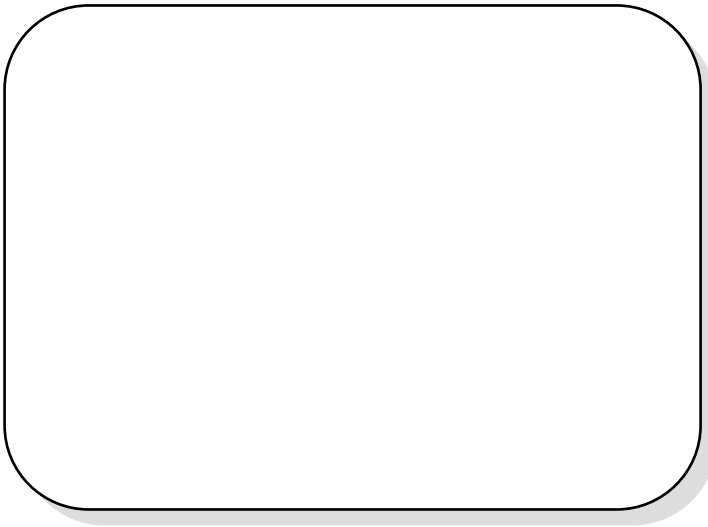
---

---

---

# MY FEELINGS JOURNAL: ASHAMED

This is what SHAME looks like...



Feeling ASHAMED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel ASHAMED...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Feeling ASHAMED is the same as feeling guilty.

- ☐ True
- ☐ False

These are three things that would make me feel ASHAMED:

1.

2.

3.

This is how I act when I am ASHAMED:

1.

2.

Here are three things that I can do to avoid feeling ASHAMED:

1.

2.

3.

Describe the last time you were ASHAMED of your behavior:

---

---

---

# MY FEELINGS JOURNAL: EXCITED

This is what EXCITEMENT looks like...



Being EXCITED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel EXCITED ...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

What is the opposite of EXCITED?

---

These are three things that get me EXCITED:

1.

2.

3.

This is how I act when I am EXCITED:

1.

2.

Circle the number of each scenario that would get you excited:

1. If your soccer team was winning the championship and there was only two minutes left.
2. If you were about to go to the dentist to get a tooth pulled.
3. If you were about to take a test that you did not study for.
4. If your parents told you that you were going to get a new dog.
5. If you were getting ready to go to a movie that you have wanted to see.

Describe the last time you were EXCITED:

---

---

---

# MY FEELINGS JOURNAL: EMBARRASSMENT

This is what EMBARRASSMENT looks like...



EMBARRASSMENT is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I get EMBARRASSED ...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Fairly Easily
- ☐ Frequently

Being EMBARRASSED and  
Being SHY are the same thing...

- ☐ True
- ☐ False

These are three things that would EMBARRASS me:

1.

2.

3.

This is how I act when I am EMBARRASSED:

1.

2.

Circle the number of each scenario that would EMBARRASS you:

- 1. If you wet the bed while a friend was spending the night.
- 2. If you were caught stealing an item out of a friend's backpack.
- 3. If you won a burping contest at a local carnival.
- 4. If you all the sudden noticed that you were wearing your shirt backwards.
- 5. If you fell asleep in class and drooled all over your desk...and the teacher woke you up.

Describe the last time you were EMBARRASSED:

---

---

---

# MY FEELINGS JOURNAL: JEALOUSY

This is what JEALOUSY looks like...



JEALOUSY is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I get JEALOUS...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Often
- ☐ All the Time

Circle the 2 words that have the same meaning as JEALOUS:

*Envious   Irritated   Resentful*

These are three things that make me JEALOUS:

1.

2.

3.

This is how I act when I am JEALOUS:

1.

2.

Circle the number of each scenario that would make you JEALOUS:

- 1. If your best friend got two tickets to a concert and brought another friend instead of you.
- 2. If your parents bought a new car that you really liked.
- 3. If your best friend was grounded and couldn't do anything over the weekend.
- 4. If your brother/sister was in the hospital and got to miss school for the week.
- 5. If one of your classmates is showing off a new gadget...one that you have wanted for a long time.

Describe the last time you were JEALOUS:

---

---

---

# MY FEELINGS JOURNAL: RELIEVED

This is what being RELIEVED looks like...



Feeling RELIEVED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel RELIEVED ...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Being RELIEVED is the same as being concerned...

- ☐ True
- ☐ False

Here are three situations that would make me feel RELIEVED:

1.

2.

3.

This is how I act when I am RELIEVED:

1.

2.

Circle the number of each scenario that would make you feel RELIEVED:

- 1. If you found some money in your pocket that you had lost the week earlier.
- 2. If you found out that you got an "A" on a test that you thought you did poorly on.
- 3. If you were told that your friend was in the hospital with a broken leg.
- 4. If your lost dog came home after being gone for three days.
- 5. If you broke your favorite toy then found someone that was able to fix it.

Describe the last time you were RELIEVED:


---

---

---

# MY FEELINGS JOURNAL: BORED

This is what BOREDOM looks like...



Being BORED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I get BORED...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Being BORED and being LAZY are the same thing.

- ☐ True
- ☐ False

Here are three situations that cause me to be BORED:

1.

2.

3.

This is how I act when I am BORED:

1.

2.

Here are three things that I can do when I am BORED:

1.

2.

3.

Describe the last time you were BORED:

---

---

---

# MY FEELINGS JOURNAL: RELAXED

This is what RELAXATION looks like...

Being RELAXED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I am RELAXED...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Circle the 2 words that best describe being RELAXED...

*Comfortable Calm Thirsty*

Here are three things that I do to RELAX:

1.

2.

3.

This is what I think about when I am RELAXED:

1.

2.

Here are three things that make it difficult for me to RELAX:

1.

2.

3.

Describe the last time you were completely RELAXED:

---


---

---



# MY FEELINGS JOURNAL: OVERWHELMED

This is what OVERWHELMED looks like...



Being OVERWHELMED is a...

- ☐ Positive Feeling
- ☐ Negative Feeling
- ☐ Neutral Feeling

I feel OVERWHELMED ...

- ☐ Never
- ☐ Hardly Ever
- ☐ Sometimes
- ☐ Frequently
- ☐ All the Time

Other words for **OVERWHELMED**

1. \_\_\_\_\_
2. \_\_\_\_\_

These are three things that get me OVERWHELMED:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

This is how I act when I am OVERWHELMED:

1. \_\_\_\_\_

2. \_\_\_\_\_

Here are three things that I can do to reduce stress (OVERWHELMED feelings):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Describe the last time you felt OVERWHELMED:

---

---

---

## Extra Activities Related to Feelings

1. With your parent's permission, cut out pictures from magazines or newspapers that show people experiencing each of these feelings.
2. Talk to an adult and find out what causes him or her to experience each of these feelings. Find out how he or she deals with each of the difficult or unpleasant feelings.
3. Track your feelings throughout the day, each day, for a week. Make a chart and write down your most predominant feeling every hour at the top of the hour. Also, write a brief explanation as to why you feel that way. Look back over the chart at the end of the week. What did you learn about your feelings?
4. On a separate piece of paper, make a list of all the feelings you can think of without using any of the feelings from this journal. How many can you come up with?
5. Try to name a feeling or emotion that begins with each letter of the alphabet. For the letter "X" you can try to come up with a feeling that just has that letter in it.
6. Watch a television show and make yourself aware of how each of the characters might be feeling throughout the show. Identify each of their feelings as the show progresses.