



@DORSETMHST



EXPLORING EMOTIONS

Select an emotion you would like to explore:



Happy



Sad



Angry



Confused



Worried



Frustrated



Calm



Proud



Disappointed



Embarrassed

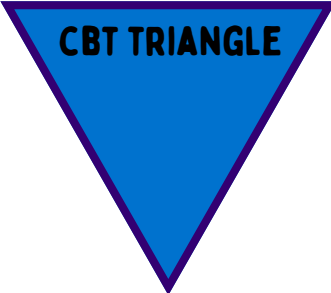


Nervous

Other: _____

THOUGHTS

What thoughts do I have when I feel this emotion?



ACTIONS

How do I act when I feel this emotion?

FEELINGS

Where in my body do I feel this emotion?



Coping skills I can use to manage emotions such as worry or feeling sad: