

# Writing About Your Feelings

Write about two situations that happened to you this week. One situation should be a time when you felt really nervous, scared, angry, or worried. The other situation should be a time when you felt relaxed. Remember to describe the situations, what you were thinking, and what you were feeling.



- Situation #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Situation #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Pay attention someone else this week. It can be someone in your family, or a friend. How can you tell what this person is feeling if they don't tell you?

Name of other person \_\_\_\_\_

Situation \_\_\_\_\_  
\_\_\_\_\_

The other person's feeling \_\_\_\_\_

What did you see that was a clue to the other person's feelings? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Resource: The Coping Cat Notebook.*