

# Identifying How I Feel

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

**Instructions: Finish the following statements with specific examples of things in your life that make you feel stressed, upset/mad, or sad.**

I feel stressed when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I feel upset/mad when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I feel sad when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_