Reacting to How I Feel

Name: ________________________________ Date: ________________

Instructions: Fill in the following statements with your first and automatic reaction to feeling stressed, upset, or sad. Don’t worry that your reaction is good or bad, or what others will think of your reaction.

Statement 1 - Feeling Stressed

When _____________________________ stressed me out,

I usually ________________________________

Statement 2 - Feeling Upset/Mad

When _____________________________ makes me mad,

I usually ________________________________

Statement 2 - Feeling Sad

When _____________________________ makes me sad,

I usually ________________________________