

Expressing My Feelings

1. What are feelings? _____
Are they good or bad? _____

2. What feelings have you had today? _____

3. Have you ever known anyone who never expressed his feelings? _____
Explain. _____

4. Did things ever build up inside that person until they overflowed? _____
Explain. _____

5. How can sharing your feelings help keep you in control? _____

6. Do you want to be in control of yourself and your feelings? _____
Explain. _____

7. Here is one good way to share your feelings with others. Read the skill steps and identify some of the reasons why they are important.

SKILL STEPS	WHY STEP IS IMPORTANT
a. Notice that you have feelings	a. _____
b. Decide what your real feeling is.	b. _____
c. Decide why you feel this way.	c. _____
d. Tell a friend, family member or acquaintance how you feel and why. Say, "I feel _____ because _____."	d. _____

8. Practice sharing your feelings. How will you use this skill?

9. What is your plan to ensure you share your feelings with others?

