

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 _____