



Activity 1: Identify My Emotions & Feelings

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Observe: Complete the pyramid below with up to 10 feelings cards you identified from the card activity. The feeling is on the front of the card. The emotion is on the color-coded back of the card.

Best
Describes
How I'm
Feeling

	_____ Feeling (I feel) _____ Emotion			
	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion		
	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion	
	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion	_____ Feeling (I feel) _____ Emotion

Questions to Explore

Evaluate:

1. What person, place, thing, or situation did you pick? Explain.
2. What feelings are you experiencing related to this situation?
3. What is your typical pattern of behavior when these feelings get activated? Explain.

Evaluate (continued):

4. Where do you physically feel these emotions in your body? Describe how they feel.
5. Do you see that these emotions are normal and serve a purpose? What purpose are they serving for you?

Respond:

6. When these emotions get activated, who can you ask for help and support?