

## About My Feelings

This is a sheet you can fill out and share with your parents and/or health professional. Your answers will help them learn more about you and how you respond to different situations.

Things that make me *angry*:

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When I am *angry*, I . . .

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Things that make me *happy*:

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When I am *happy*, I . . .

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Things that make me *sad*:

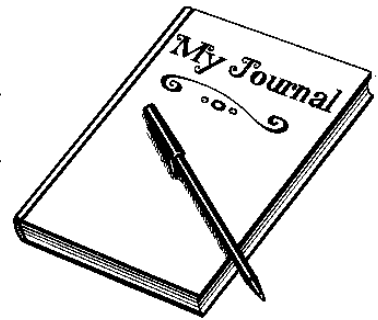
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When I am *sad*, I . . .

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About My Feelings (continued)

When I am *picked on*, I . . .

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Things that make me feel *hurt*:

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When I am *afraid*, I . . .

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When I *care about* people, I . . .

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Things that make me *proud* of myself:

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My name \_\_\_\_\_ Date \_\_\_\_\_

Source: Adapted, with permission, from Buchanan B, Yarnevich A. 1994. *What to Do When Kids Say "NO!"* Kansas City, MO: Health Education Consultants. Web site: [www.aboutkidsmentalhealth.org](http://www.aboutkidsmentalhealth.org).