

Describing Your Emotions



Emotions are how our body reacts to the things that are happening around us.



Everybody has emotions.

Different emotions can feel different in different people.

This is normal.



Sometimes it can be difficult to understand your emotions and why you feel the way you do.



These next pages try to show you how some common emotions might make you feel.



When I am angry, I might feel:



Irritation



Hurt



Fists clenched



Jaw Tight



Hot and flushed



Insides shaking



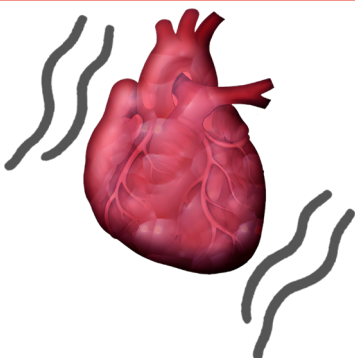
Muscles tensed



Like I might
explode



Like stomping or
slamming



Heart racing



When I am sad, I might feel:



Lonely



Rejected



Empty or hollow



A need to be alone



Like crying



Tired



No interest in anything



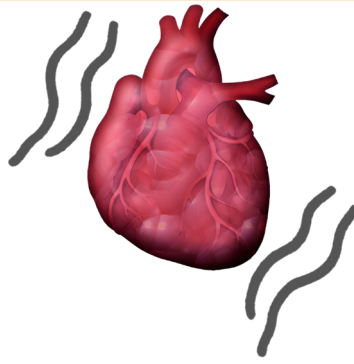
Like I don't care



When I am scared, I might feel:



Breathless



Racing heart



Fidgeting



Frozen or tense



Lump in the throat



Sick



Muscles tensing



Overthinking



Hot or cold flushes



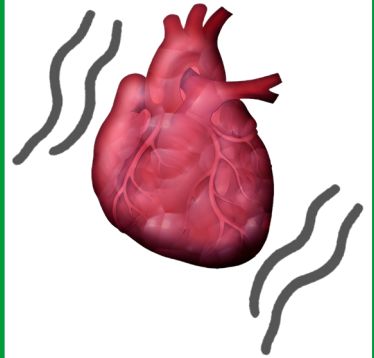
When I am jealous, I might feel:



Rejection



Insecure



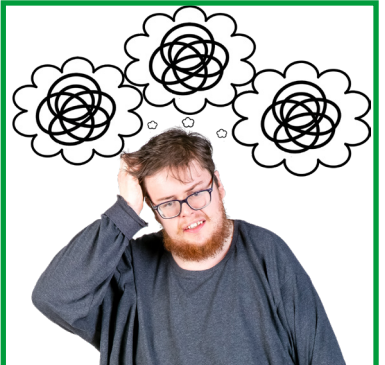
Heart racing



Difficulty breathing



Tight chest



Racing thoughts



Need to be in control

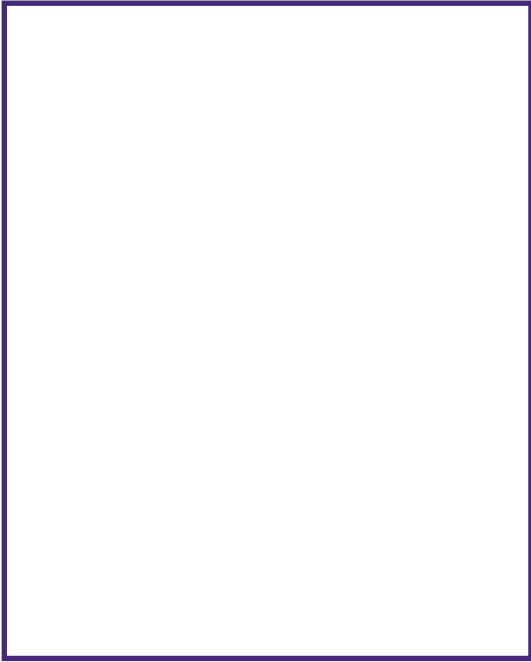


Overthinking

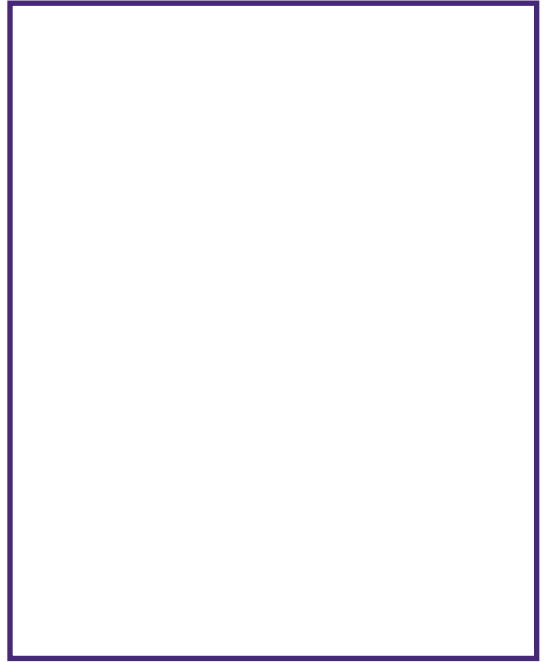
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This is how I feel when I am...

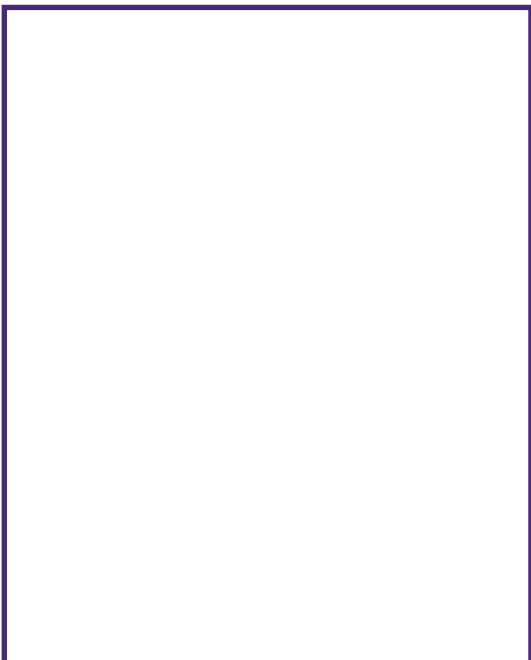
When I am _____
I might feel:



When I am _____
I might feel:



When I am _____
I might feel:



When I am _____
I might feel:

