



Writing About Your Feelings

During this week, write down two situations in which you felt scared, nervous, or angry. Pay attention to your thoughts also.

• **Situation #1** _____

• My body's reaction _____

Thoughts:

• Upset thoughts _____

• Coping thoughts _____

• **Situation #2** _____

• My body's reaction _____

Thoughts:

• Upset thoughts _____

• Coping thoughts _____
