

Name \_\_\_\_\_

## What Am I Feeling, How Am I Communicating? Answer Key

(Sample Interpretations)

Script	Emotion	Communication Style
1	Disappointment / Sadness	Passive
2	Anger / Frustration	Aggressive
3	Hurt / Concern	Assertive
4	Resentment / Loneliness	Passive
5	Frustration / Anger	Aggressive
6	Confidence / Openness	Assertive
7	Insecurity / Sadness	Passive
8	Respect / Confidence	Assertive

Emotions and communication styles can be complex and personal. People express themselves in different ways based on their background, personality, and experiences. That's why the answers in this key are called **"sample interpretations"**—they represent **common or likely responses**, but **other answers may also be valid** if they are supported with thoughtful reasoning.

The goal is to encourage emotional awareness and understanding, not to label emotions as strictly right or wrong.