

Name _____



Feeling Reflections

Directions: Choose five of the emotion prompts below. For each one, write a short reflection (3-4 sentences) describing a real or remembered experience. Explain what happened, how you felt, and what helped you manage the emotion.

1. I felt **nervous** when...
2. I felt **proud** when...
3. I felt **angry** when...
4. I felt **grateful** when...
5. I felt **embarrassed** when...
6. I felt **hopeful** when...
7. I felt **disappointed** when...
8. I felt **excited** when...
9. I felt **jealous** when...
10. I felt **relieved** when...

1.

2.

3.

4.

5.