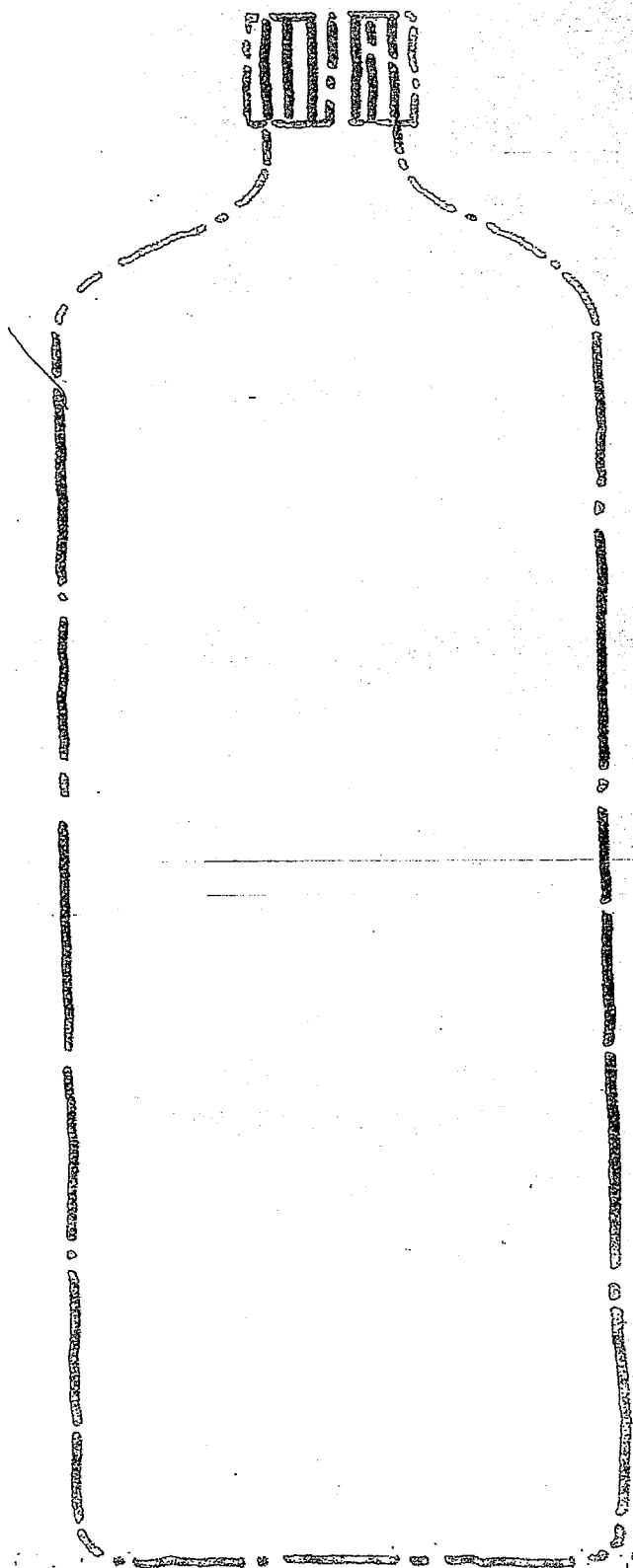


Directions: Using your 'Emotions Chart,' answer the following questions.





































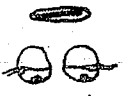



















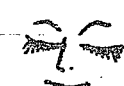






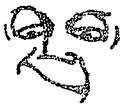

A. In the bottle, write the feelings you experience most often.

B. Circle the feelings you express freely with your family and friends.

C. Put a box around the remaining feelings. These you keep bottled inside.

D. What do you think would happen if you were to express any of these feelings to another person?

EMOTIONS

						
aggressive	alienated	angry	annoyed	anxious	apathetic	bashful
						
bored	cautious	confident	confused	curious	depressed	determined
						
disappointed	discouraged	disgusted	embarrassed	enthusiastic	envious	ecstatic
						
excited	exhausted	fearful	frightened	frustrated	guilty	happy
						
helpless	hopeful	hostile	humiliated	hurt	hysterical	innocent
						
interested	jealous	lonely	loved	lovestruck	mischievous	miserable
						
negative	optimistic	pained	paranoid	peaceful	proud	puzzled
						
regretful	relieved	sad	satisfied	shocked	shy	sorry
						
stubborn	sure	surprised	suspicious	thoughtful	undecided	withdrawn