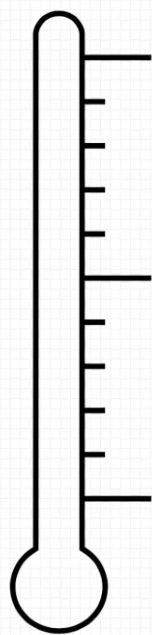


# FOCUS ON FEELINGS WORKSHEET

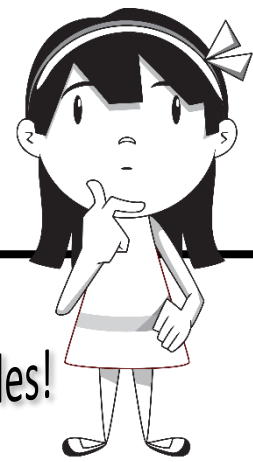


## Emotional Intensity Thermometer

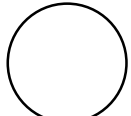
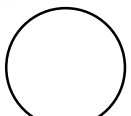
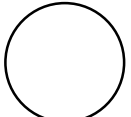
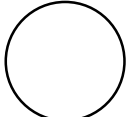
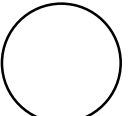
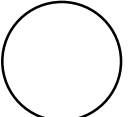
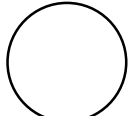
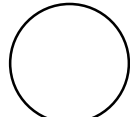
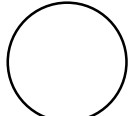
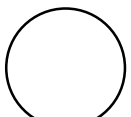
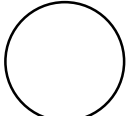
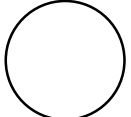
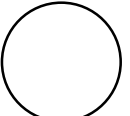
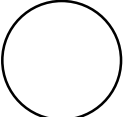
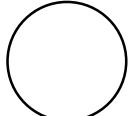
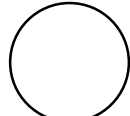
How HIGH is your emotional intensity?

Color it in!

What do you BELIEVE about yourself?



Pick colors for these feelings and color in the bubbles!

							
Angry	Calm	Happy	Sad	Afraid	Stressed	Irritable	Numb
							
Depressed	Hopeful	Joyful	Ashamed	Loved	Lonely	Excited	Content

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What do you think about when you are upset?

**Which of these positive coping skills would you like to try?**

Positive Coping Skills	
Talking to someone about my feelings	<input type="checkbox"/>
Writing in a journal about my feelings	<input type="checkbox"/>
Using art to express my feelings	<input type="checkbox"/>
Using a stress ball or similar item	<input type="checkbox"/>
Taking a walk in the hall or outside	<input type="checkbox"/>



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