

Understanding How Feelings Affect My Behavior

Student: _____ Date: _____

Staff Member: _____ Position: _____

Feelings can affect our behavior. When we are tired or stressed or angry it is easier to make bad choices about our behavior. It is important to understand our feelings and learn ways to control them so that they do not negatively affect our behavior.

Feeling Words

Calm — cool, peaceful, relaxed, composed, tranquil, steady

Happy — glad, delighted, elated, cheery, merry

Afraid — scared, frightened, terrified, fearful, intimidated

Frustrated — anxious, worried, nervous, concerned, uptight, unsuccessful

Angry — mad, offended, displeased, annoyed, furious

Sad — unhappy, “blue,” miserable, dejected, sorrowful

How I Felt: (List the feelings you had *right before* you got in trouble).

What I Did: (What happened? Describe the choices you made.)

How Did It Work? (Did my choices get me in trouble? What kind of trouble?)

What Can I Do Differently Next Time??