Understanding How Feelings Affect My Behavior

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??