# Understanding How Feelings Affect My Behavior

Directions: This document should be used as a debriefing tool with students following an episode of challenging behavior or to reinforce desired behavior following a positive event. This debriefing tool can be used as a dialogue (conversation prompt) or a written process.

Staff Script: *“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

| Student’s Name: | Today’s Date: |
| --- | --- |
| [Enter student’s name.] | [Enter today’s date.] |

## 1. How I Felt: (List the feelings you had right before the incident)

[Add text here.]

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

[Add text here.]

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

[Add text here.]

## 4. What Can I Do Differently Next Time?

[Add text here.]

**Positive Environments, Network of Trainers (PENT)**

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