



UNDERSTANDING EMOTIONS WORKSHEET

Think about the last time you were mad. What do you think your underlying emotion was?

Think about the last time you felt that an intense emotion or feeling would last forever. What actions, positive or negative, did you take because of these feelings?

Think of the last time you were very happy or very upset. Identify which needs were met or unmet (you may want to reference the underlying needs handout) and name your subsequent emotions.