

## My Emotions Worksheet

Identify your emotions by choosing the emotions from the below-mentioned list and then answer the below-mentioned questions.

Depressed	Satisfied	Jealous	Tense
Terrified	Worried	Worthless	Peaceful
Anger	Trust	Joy	Anticipation
Fear	Sadness	Disgust	Surprise
Proud	Scared	Relieved	Bitter
Happiness	Fear	Excitement	Shocked

How do I Express \_\_\_\_\_ this emotion:

When I feel \_\_\_\_\_ I look like this:

When I feel \_\_\_\_\_ I feel these symptoms in my body:

**When I feel \_\_\_\_\_ I feel like doing this**

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