

NAME \_\_\_\_\_

DATE \_\_\_\_\_

# Identifying Unpleasant Feelings

Worksheet 13

Things Others Do Which Make Me Sad or Angry:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Things I Do Which Make Me Feel Sad, Mad or Ashamed:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_