

EMOTION IDENTIFICATION



Think about a time that you have felt a certain emotion (e.g. angry, joyful, worried).

Ask yourself these questions:

1. How did you know that you felt that emotion?
2. How did you handle that emotion?
3. Who did you lean on?
4. What might you do the same next time you have this emotion?
5. What might you do differently the next time you have this emotion?



This handout is a partnership between the La Crosse Area Family YMCA and Better Together.