

REACTING VS ACTING WORKSHEET

1a. Write a brief description about the last time you were angry, or sad, or afraid, depressed, or any thing you felt deeply.

1b. Who did you express this to? (if you did not express it anyone, why not?)

2. How did you express your emotions?

3. Describe the last time YOU REACTED EMOTIONALLY? to whom, and for what reasons? Was the reaction necessary?

4. How does not knowing how we are feeling get us into trouble?

5. What kind of moods do you get in and how often?

6. If you have problems expressing your emotions, how could you get help?

7. How does it make you feel doing this exercise?