## Worksheet 1

Date:      

Name:                          

For each word below, create a sentence using “I” language. For example:

“I am afraid when I need to fly.” “When I need to give a presentation I feel stressed.”  
“I feel contented when I listen to music.” “I feel relaxed when I swim”.  
“I feel worthless when my boss tells me that I made a mistake”.

Add lines as needed. You can also add emotions that are not listed as needed. If you can’t relate to an emotion please write N/A (not applicable)

List of feelings:

Afraid

Alone                                                                  

Amazed

Angry

Ashamed

Bitter

Confused

Content

Determined

Disgusted

Energetic

Frozen

Guilty

Hopeful

Hurt

Insecure

Inspired

Jealous

Joyful

Lonely

Lost

Love

Motivated

Overwhelmed

Peaceful

Playful

Proud

Sad

Stressed

Surprised

Trapped

Worried

Worthless

MORE: