

Feelings Expression Prompt



Use this worksheet to help you express your feelings to someone!



_____ (their name).

I am feeling _____. (Are there any other feelings that you are experiencing? Use the Feelings Bank to help you identify more feelings! _____)

I feel this way because (What did they do that made you feel this way?)

_____.

I have been feeling this way since _____.

(How long have you been feeling this way?)

I wanted to let you know how I feel because (Why did you want to share your feelings with them?)

_____.

I'm hoping that (What do you want to happen after they hear your feelings?) _____

_____.

Thank you for listening to me!

FEELINGS BANK

Unhappy

Shocked

Frustrated

Disgusted

Scared

Misunderstood

Angry

Hurt

Embarrassed

Unsafe

Sad

Insulted

Disrespected

Disappointed

Annoyed

Ashamed

Betrayed

Excluded

Offended

Upset

Annoyed

Anxious



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