Emotional Squares

In each square write what you do when you experience the emotion

listed. Include both productive and destructive behavior.

|  |  |
| --- | --- |
| Aggravated  |  |
| Angry |  |
| Depressed |  |
| Content |  |
| Scared |  |
| Worried |  |
| Happy  |  |
| Energized  |  |

Do you have more positives or negatives listed? Having someone you trust to talk to when

you are feeling out of sorts helps you avoid negative behaviors and consequences.