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*Revised as of 28 January 03*

I Am…

Emotional self-awareness is the ability to

recognize one’s feelings. In the spaces below

complete each statement based on how you

feel. Use the blanks to add your own feeling

words.

Example:

I am most happy when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I feel embarrassed when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I think negative thoughts about myself when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I feel \_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I feel \_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I feel \_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I feel \_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Finish this statement: I think the world needs…

 