



Feelings Plan

When your feelings cause you to respond in a not-so-helpful way to a situation, think about doing the opposite for a better result. Add to the list below of common negative feelings and think about how you can react differently in the future.

Feeling	Emotional Reaction	Opposite Reaction	Result
Angry	yell, hit, argue, criticize	quiet voice, deep breaths, don't respond	will avoid a fight
Sad	cry, isolate, shut down	be active, communicate	will distract myself and feel better
Afraid			
Embarrassed			

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