

Strategies for Dealing with Risky Emotions

Name of emotion:

When might someone feel this emotion?

If someone felt this emotion, what might they be needing?

Does everyone feel this emotion sometimes?

If someone felt this emotion, what sensations might they feel in their body?

Strategies for dealing with this emotion:

Things we can do with our bodies:

Things we can do with our minds:

Things we can do with other people:

What can we do if we see another person having this emotion?
