

Investigating Risky Emotions Worksheet

- Could this spark of emotion (or feeling or thought) become a dangerous forest fire?

- Does this emotion (or feeling or thought) tend to cause stress for myself or others?

- Could this emotion (or feeling or thought) make me want to harm myself or others?

- What would happen if everyone [in our class or in our school] had a lot more of this emotion (or feeling or thought)?

- What if everyone had a lot less of this emotion (or feeling or thought)?

- What else comes to mind about this emotion (or feeling or thought)?
