

## Investigating Risky Emotions Worksheet

- Could this spark of emotion (or feeling or thought) become a dangerous forest fire?  
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- Does this emotion (or feeling or thought) tend to cause stress for myself or others?  
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- Could this emotion (or feeling or thought) make me want to harm myself or others?  
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- What would happen if everyone [in our class or in our school] had a lot more of this emotion (or feeling or thought)?  
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- What if everyone had a lot less of this emotion (or feeling or thought)?  
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- What else comes to mind about this emotion (or feeling or thought)?  
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