

Name _____

Date _____

Strategies for Dealing with Risky Emotions

Name of emotion:

Level of Risk (*Low, Medium, High*):

Example of when someone might feel this emotion:

What needs might be connected with this emotion?

Does everyone experience this emotion?

Where this emotion might be on the Activation/Feeling Tone Chart:

What sensations are associated with this emotion?

What are opposing emotions (*if any*):

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?

Is there anything in our class agreements related to this emotion?