



Positive/Negative Emotions

Describe a time you felt frustrated or angry and how you responded to it.

Describe a time you felt sad or disappointed and how you coped with it.

Describe a time you felt embarrassed or ashamed and what you would do differently.

Describe a time you felt anxious or nervous and how you managed the emotion.

Describe a time you felt proud of yourself and what you did to achieve it.

Describe a time you felt happy or excited and how you expressed those emotions.

Describe a time you felt grateful or thankful and how you expressed those emotions.

Describe a time you felt confident or empowered and how you achieved that feeling.