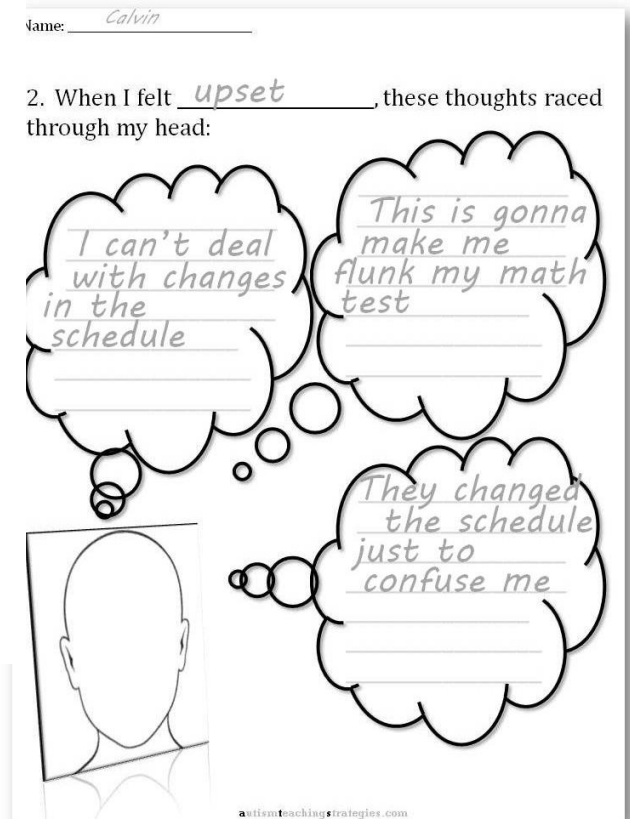
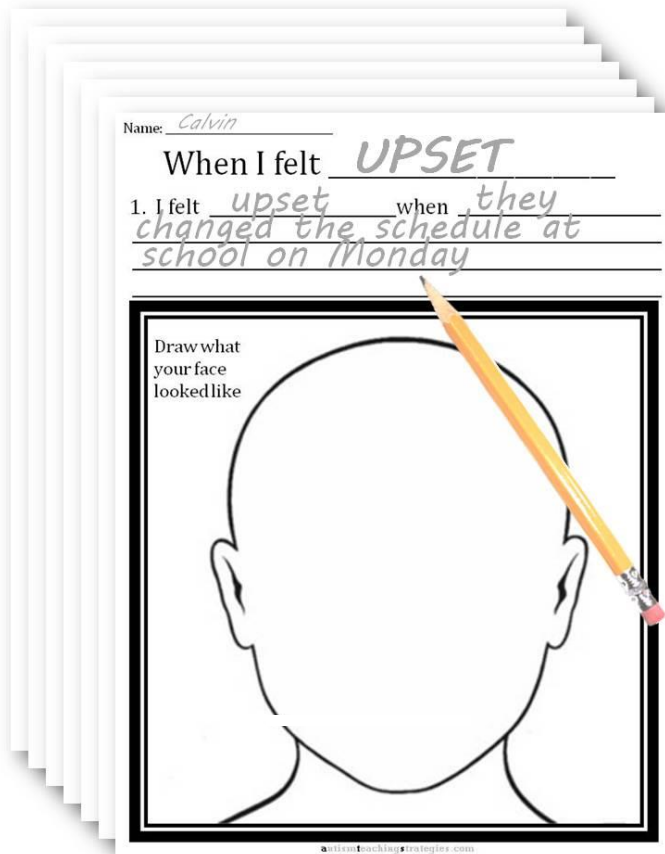


# Understanding Your Thoughts, Feelings, and Behaviors

Have the child complete one worksheet at a time. It can be overwhelming to display the entire packet of seven worksheets all at once. You can also fill in the worksheets yourself while the child dictates to you if that helps move the work along.

Created by Joel Shaul, LCSW



Name: \_\_\_\_\_

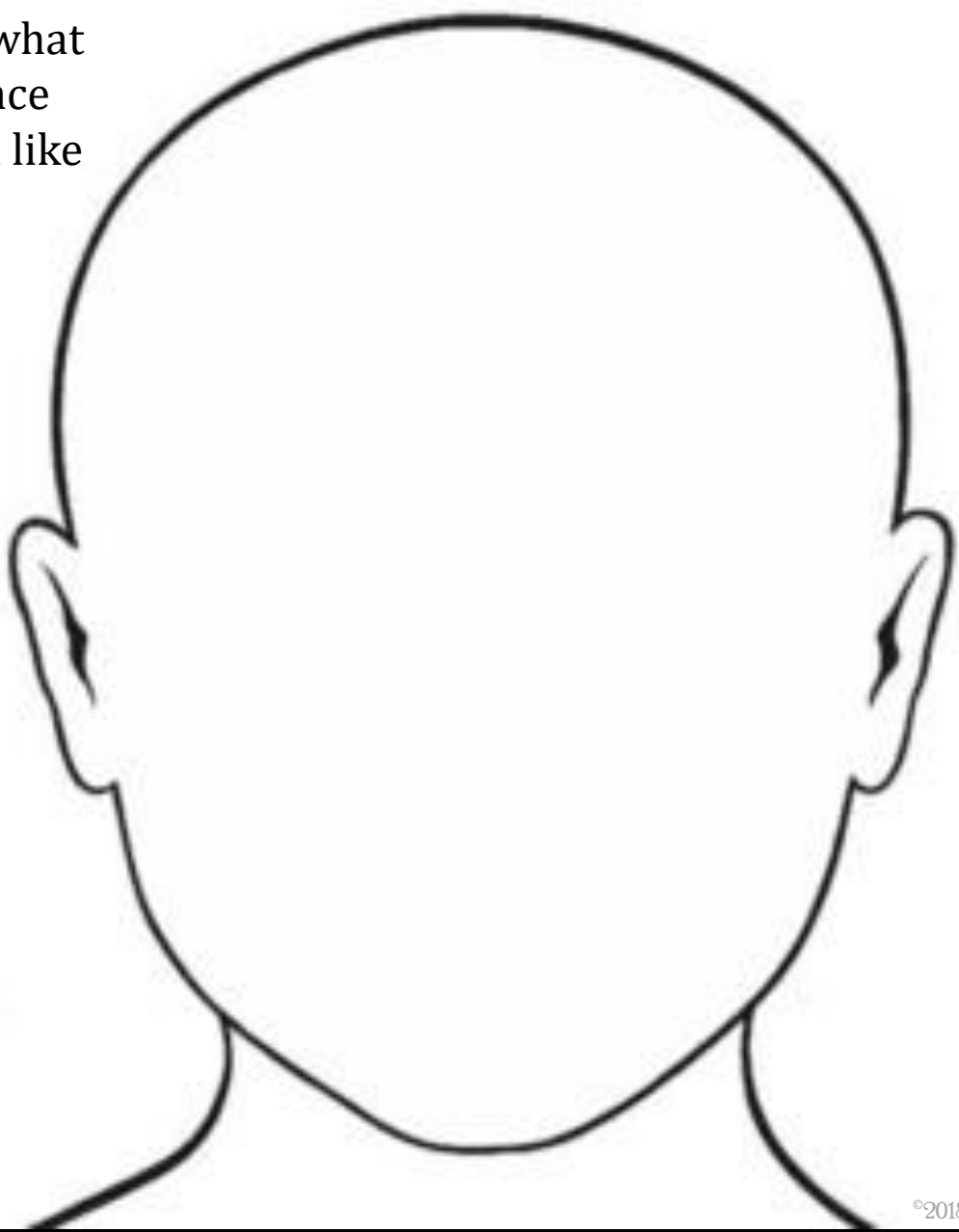
# When I felt \_\_\_\_\_

1. I felt \_\_\_\_\_ when \_\_\_\_\_

\_\_\_\_\_

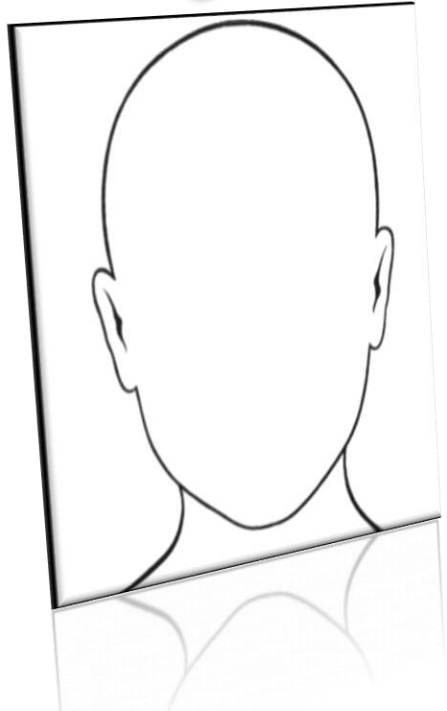
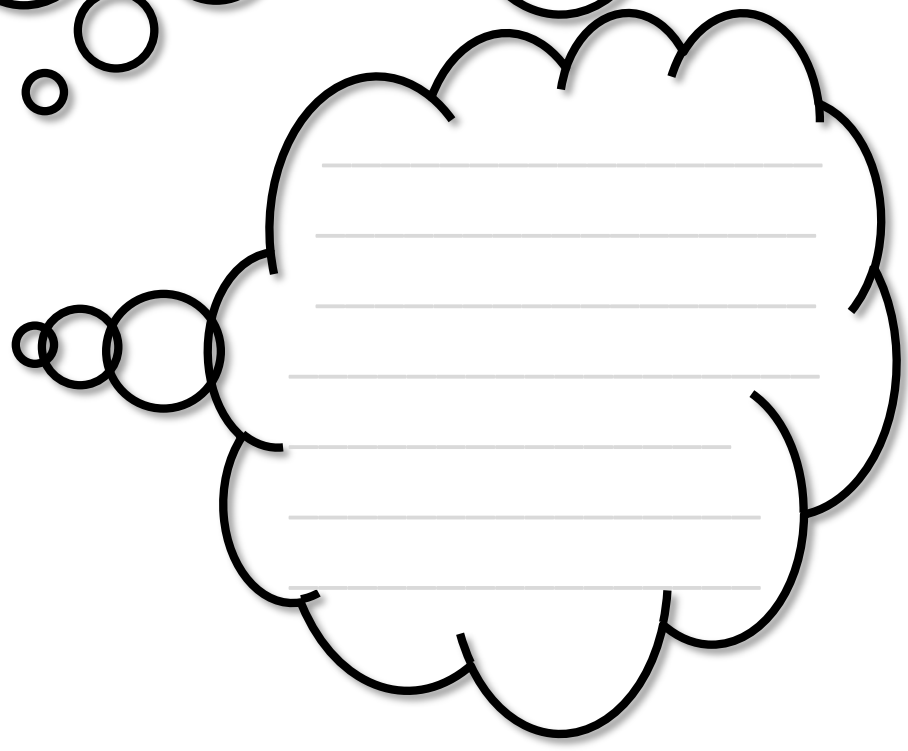
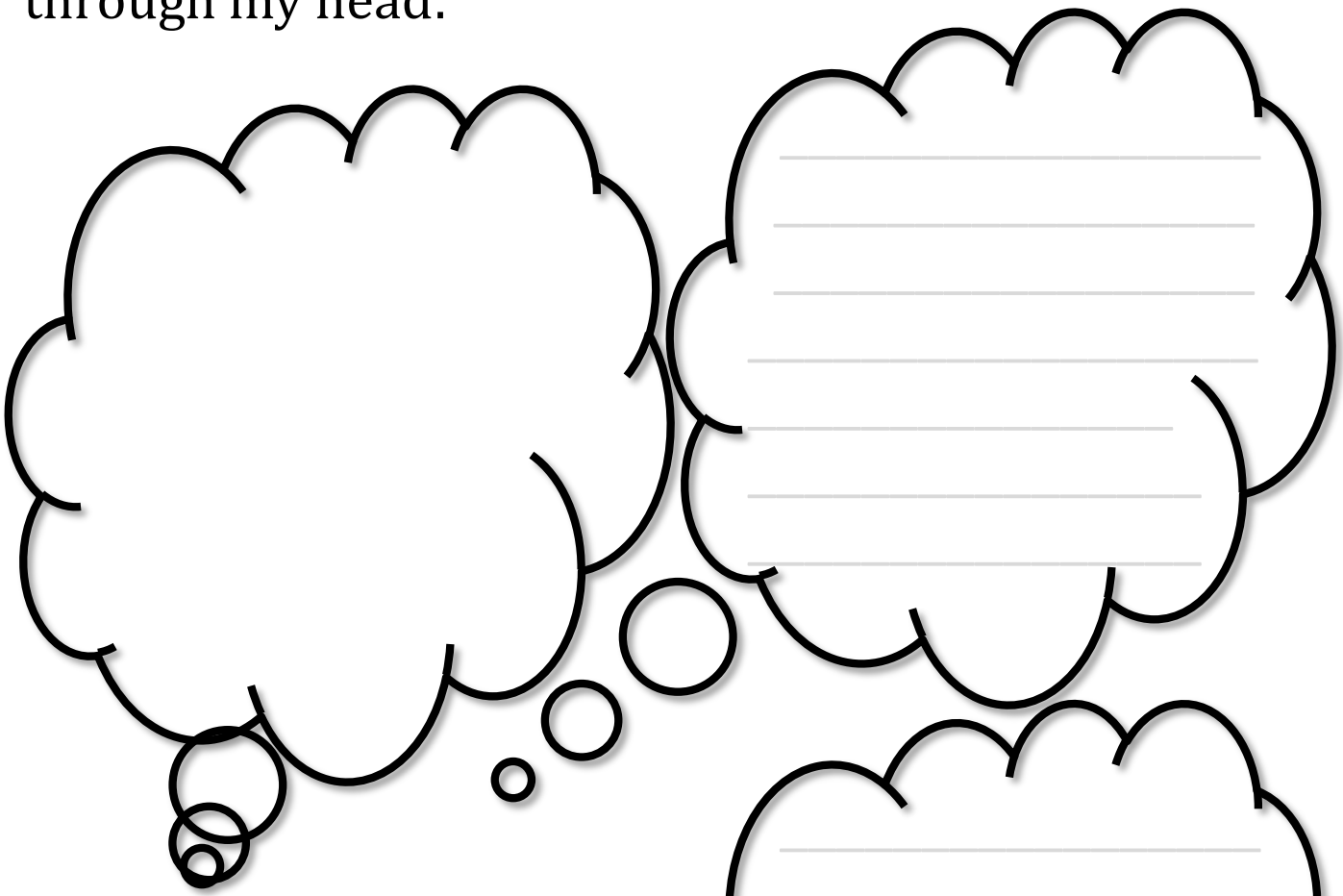
\_\_\_\_\_

Draw what  
your face  
looked like



Name: \_\_\_\_\_

2. When I felt \_\_\_\_\_, these thoughts raced through my head:



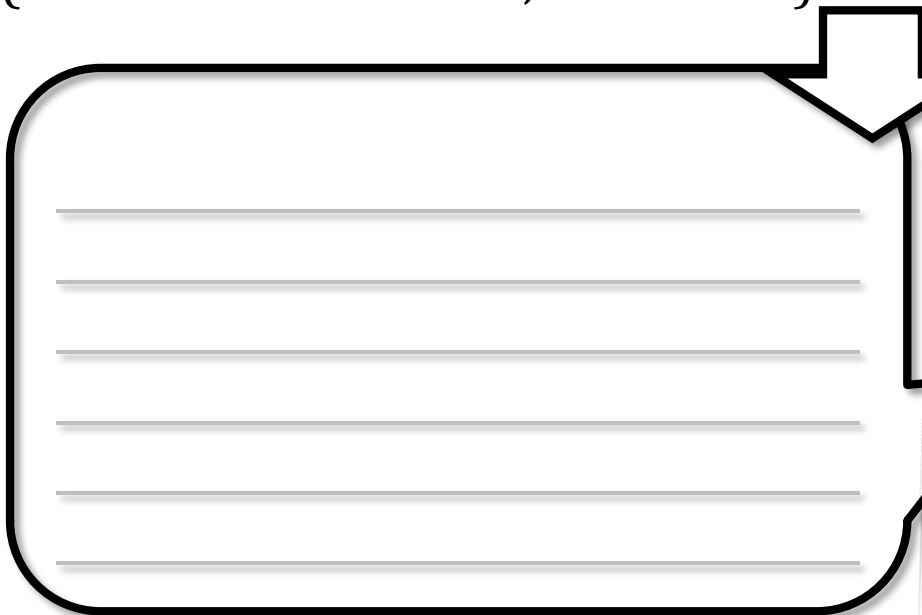
Name: \_\_\_\_\_

3. When I felt \_\_\_\_\_, I *DID* these things:



4. While I felt \_\_\_\_\_ here is what I SAID.

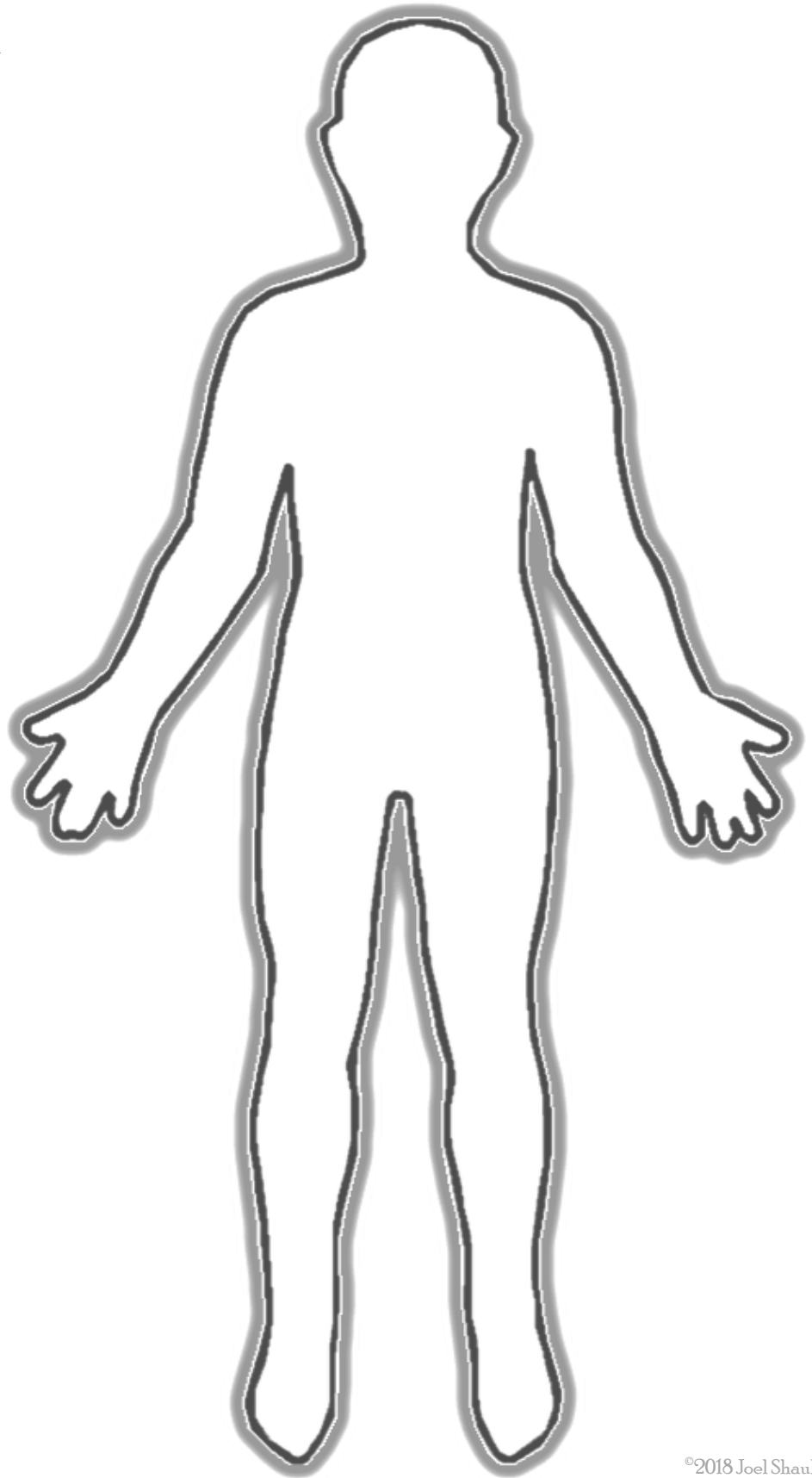
(Did it make it worse, or better?)



Name: \_\_\_\_\_

5. People can get upset in their bodies.

Put an **X** on the places that felt bad or different when you were upset.



Name: \_\_\_\_\_

# How to deal with it when I feel

\_\_\_\_\_

6. To fight the upsetting thoughts, I could have tried these thoughts instead:

The form consists of three large, cloud-shaped thought bubbles arranged in a descending staircase pattern. Each bubble contains five horizontal lines for writing. A line of five smaller circles connects the top of the first bubble to the top of a person's head in a simple line drawing at the bottom left. The person's head is facing forward, and the drawing is enclosed in a rectangular frame.

Name: \_\_\_\_\_

7. When I felt \_\_\_\_\_, here are some better things I could have SAID:

To get help:

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To let someone know how I feel:

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8. Something better I could have *DONE* when I was upset:

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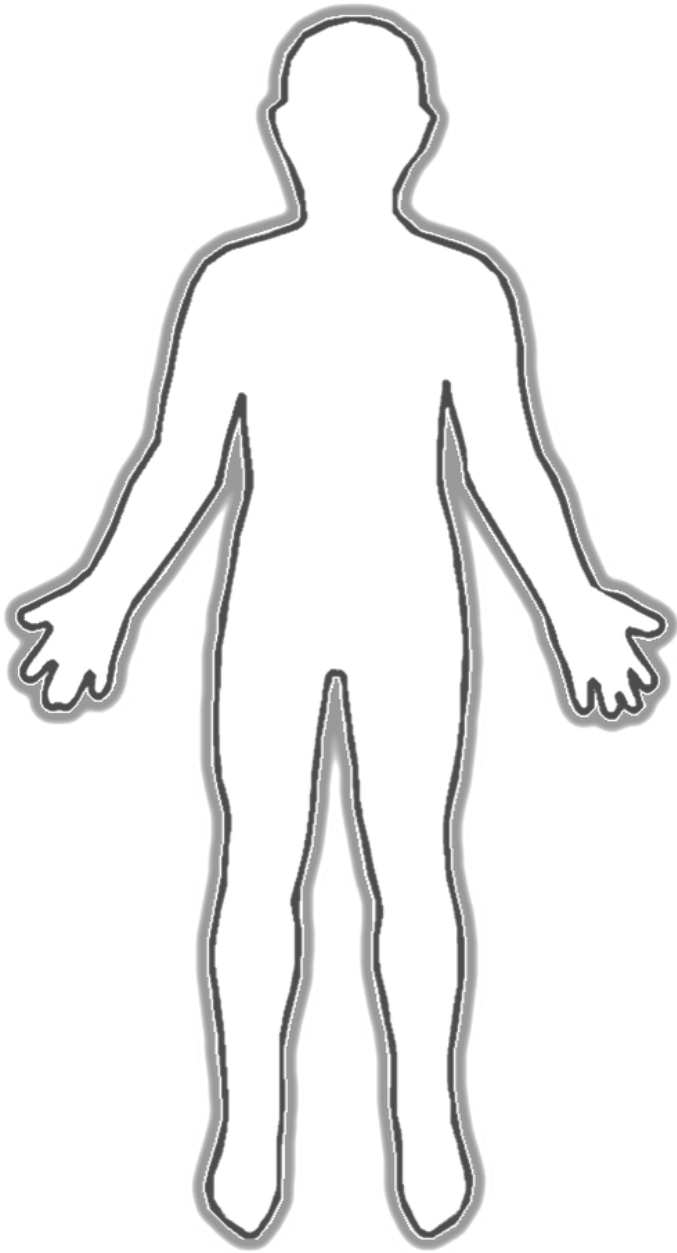
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?



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