Goodbye Anxions

## **EXPRESSING EMOTIONS WORKSHEET**

write down what you are feeling and why

| I AM <b>ANGRY</b> BECAUSE         | I AM <b>SAD</b> BECAUSE            | I AM <b>DISAPPOINTED</b><br>BECAUSE |
|-----------------------------------|------------------------------------|-------------------------------------|
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| I AM <b>FRUSTRATED</b><br>BECAUSE | I AM <b>OVERWHELMED</b><br>BECAUSE | I AM <b>ANXIOUS</b> BECAUSE         |
| 220,002                           |                                    |                                     |
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| LAM HUDT DECAUSE                  | LAM                                | DECALISE.                           |
| I AM HURT BECAUSE                 | I AM                               | BECAUSE:                            |
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