

Instructions: Fill in the box to complete the emotion, message or action.

EMOTION

MESSAGE

ACTION

Happiness

I need to enjoy this moment.

Show gratitude.

Worry

[Empty speech bubble]

Talk to a friend.

Shame

I need to feel better about myself.

[Empty cloud shape]

I need to explore and learn.

Ask a question.

Anger

[Empty speech bubble]

I will resolve the problem.

Sadness

I need comfort.

[Empty cloud shape]

I need safety.

Remove myself from the situation.