



HABIT HANDOUT

Emotions, Thoughts and Behaviors

<i>I feel...</i>	<i>What does it look or feel like?</i>	<i>What makes you feel this way?</i>	<i>How do you behave or act when you have this feeling?</i>	<i>What can you value about this feeling?</i>
Anxious	Fast heartbeat, sweaty palms, mind racing	Deadline of a project, being in trouble	Rushed, yell at people	Feel motivated to do my best, study harder for the test, practice soccer more
Appreciated	Big smile, proud	A friend tells me I helped them through a hard time, an adult praises me	I become more helpful	Other people recognize me and my actions
Scared				
Bored				
Brave				
Mean				
Embarrassed				
Kind				
Surprised				
Ignored				
Insecure				
Hurt				
Hopeless				



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Excited				
Horrible				
Empty				
Funny				
Jealous				
Wronged				
Angry				
Betrayed				
Clever				
Creative				
Energetic				
Impulsive				
Frustrated				
Tired				



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Good				
Hyper				
Hopeful				
Overwhelmed				
Optimistic				
Pessimistic				
Numb				
Nice				
Judgmental				
Tense				
Worthy				
Stressed				
Undervalued				



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Quiet				
Unsocial				
Motivated				
Social				
Pain				
Pressured				
Paranoid				
Ignored				
Isolated				
Humble				
Shame				
Confident				
Misunderstood				
Valued				