



Feelings
Journal

THIS JOURNAL BELONGS TO:

A **journal** is a book in which you can write down your feelings about things that are going on in your life, things you have on your mind or concerns you have about specific situations. Many people use a journal to chronicle their emotions and the reasons they are feeling a certain way at a point in time. Writing your feelings and thoughts down can be a very therapeutic strategy for learning about yourself and how you handle your emotions.

However, it can be difficult to understand the broad range of human emotions since there are so many. During adolescence, you may experience feelings or emotions that you have never had before. It is important to take time to learn about the different emotions you are dealing with so that you can make appropriate judgements about them and know how to handle both positive and negative feelings.

This **Feelings Journal** is designed to give you specific information about different types of emotions. Each emotion is depicted within a photograph and specific face clues are given to help you recognize this emotion in others, as well as yourself. There is also a brief activity for you to complete to help you make a connection between the written words about the emotion, the photograph and your own personal feelings and experiences with the emotion.

There is also a section for you to chronicle your emotions through daily journal entries by listing the day/time and emotion you are feeling at that point. Then, you will have an opportunity to write down anything related to your emotions and the situations that lead to them.

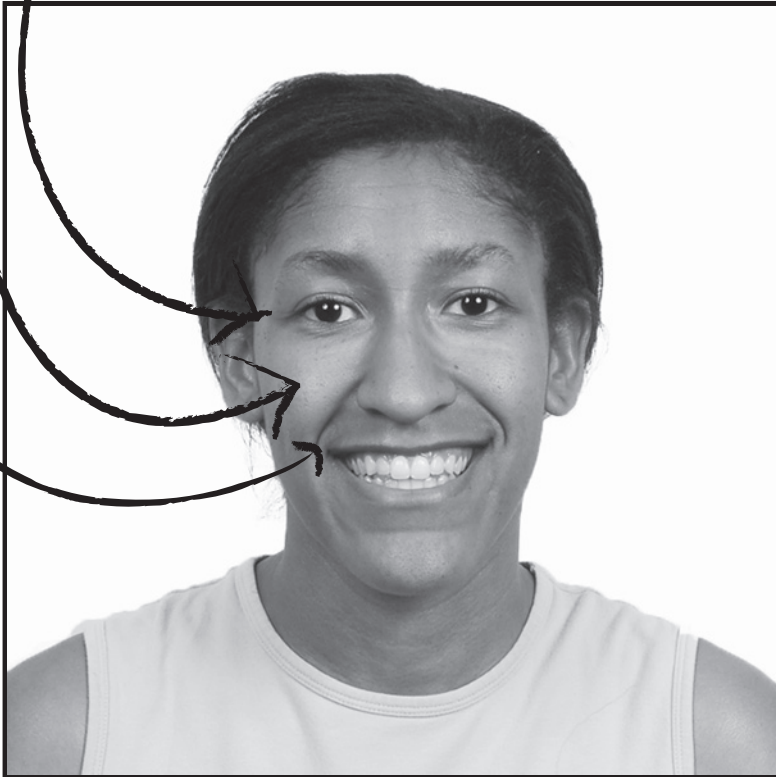
The appendix of this notebook provides you with a Brainstorming page that will help you identify a challenging emotion you are dealing with and the specific problem or people that are involved. The format will help you to list a few strategies for handling the situation and their expected consequences or results. Feel free to tear the pages out from this notebook and share them with other people that may be able to help you through the situation (family members, teachers, friends, etc.)

Good Luck and Happy Journaling!



FACE CLUES...

- ★ Corners of mouth pulled back and up in a smile (Teeth may be showing)
- ★ Cheeks raised - lines from nose down to outside lips
- ★ Lower eyelids wrinkled and may be raised



HAPPY

Five things that make me **HAPPY**:

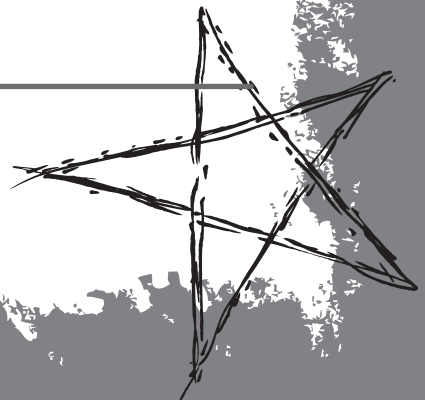








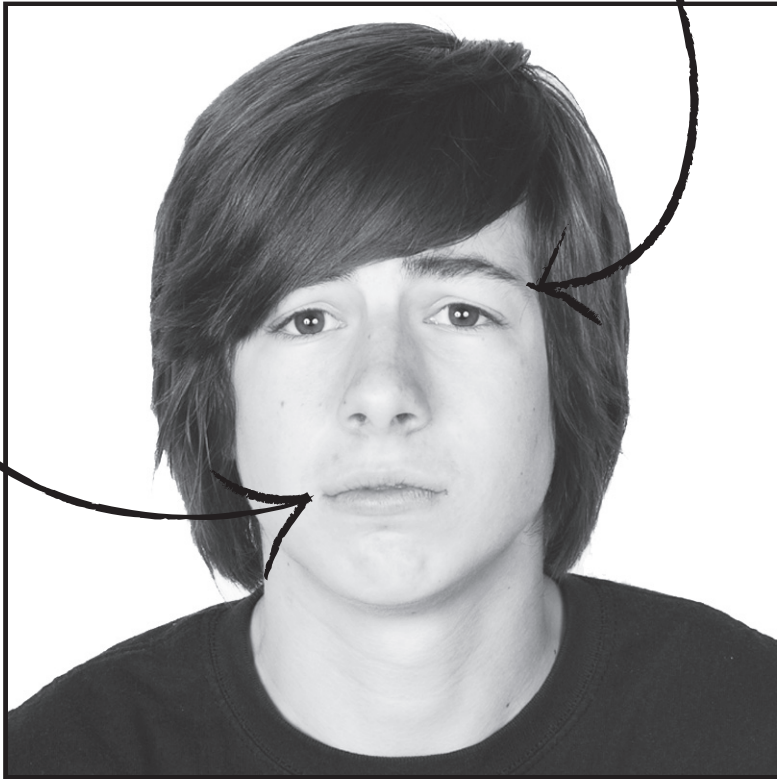






FACE CLUES...

- ★ Corners of mouth pulled down (may pout)
- ★ Inside ends of eyebrows are raised (may be pulled together)



SAD



FACE CLUES...

- ★ Mouth very tight and usually the lips are pressed together
- ★ Eyes - hard stare
- ★ Eyebrows lowered and pulled together



ANGRY

FIVE things that make me **ANGRY**:

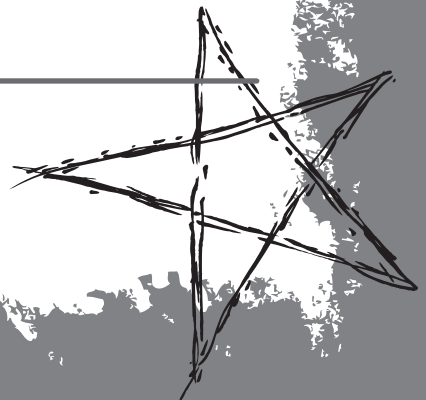














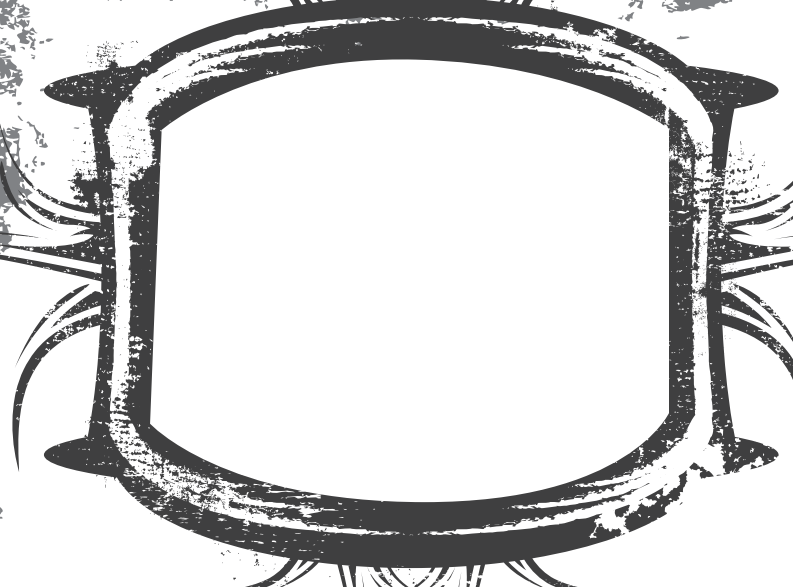
FACE CLUES...

- ★ Mouth open and tight
- ★ Eyes wide open (lower lids tight)
- ★ Eyebrows raised and sometimes pulled together

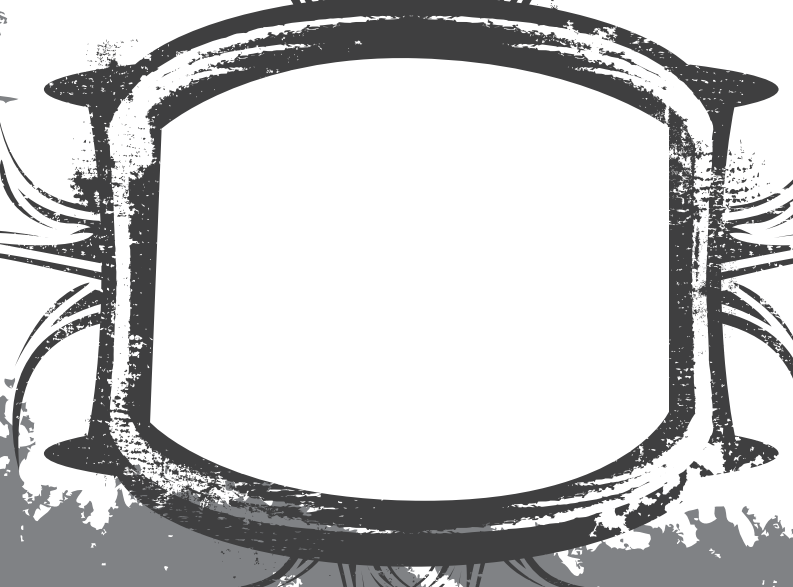


AFRAID

WHAT ARE YOU AFRAID OF?



Draw a picture of something that frightens you. Make it as scary as possible. Then draw it again, but make it goofy. If you can make yourself laugh about something that scares you, it becomes less frightening.





FACE CLUES...

★ Jaw dropped (mouth relaxed or open)

★ Eyes wide open

★ Eyebrows are raised, curved, and high



SURPRISED



FACE CLUES...

- ★ Disgust mainly shows in the lower face
- ★ Upper lip raised (may be on one side)
- ★ Nose wrinkled and cheeks raised



DISGUSTED

FIVE things that
make me feel

DISGUSTED:

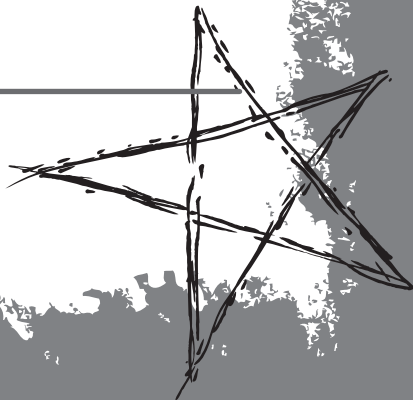














FACE CLUES...

- ★ Mouth relaxed (may be open or closed)
- ★ Eyes are wide open and may be staring attentively
- ★ Brows are raised and high



↑ INTERESTED ↓

are you paying attention?

If someone is interested in what you are saying:



The other person looks you in the eyes while you talk.



They nod their heads in agreement while smiling at you.



The other person mimics your gestures and body posture.

If someone is **NOT** interested in what you are saying:



The other person looks around the room while you are talking and does not maintain eye contact with you.



They interrupt you with comments unrelated to the topic you are discussing.



They fidget or drum their fingers on the desk.



FACE CLUES...

- ★ Mouth is closed, but with some tension
- ★ Eyes are downcast and there is no eye contact
- ★ The head is tilted and pointing down



ASHAMED

**One thing I did that
I am **ASHAMED** of is:**

Here's what I'm going to do to make amends:

(Hint: When you've done something that you are ashamed of, a good starting point would be to apologize to the person that was hurt and ask him or her what YOU can do to make things right again. Then do it.)



FACE CLUES...

- ★ Mouth is slightly tense
- ★ One cheek may be raised a little
- ★ Eyebrows are lowered and pulled together



IRRITATED

FIVE things that IRRITATE me:

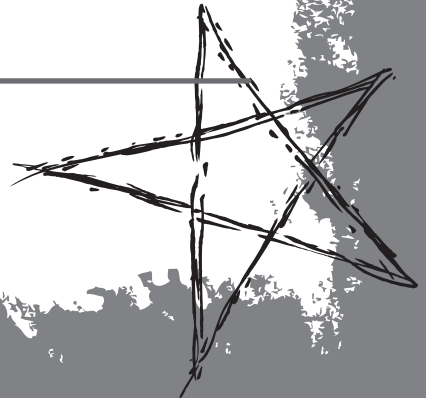














FACE CLUES...

- ★ Mouth is relaxed
- ★ Cheeks are relaxed and not raised
- ★ Eyebrows are neutral and eyes are open



CALM

DON'T LOSE YOUR COOL...

Strategies for staying CALM:



Take a deep breath and count to ten.



Slowly repeat a calming word or phrase such as "relax," "take it easy", "it's ok." Repeat the word or phrase to yourself while breathing deeply.



Walk away from an upsetting situation and find a quiet place alone to gather your thoughts.

List three other things you can do that will calm you down:





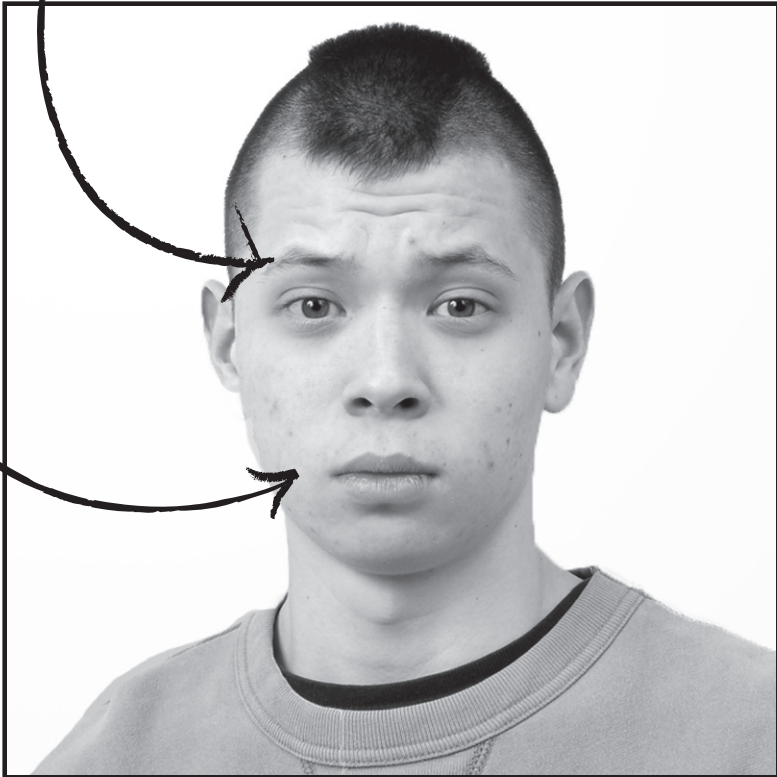




FACE CLUES...

★ The lips are pressed firmly together with corners straight or down

★ Eyebrows are pulled together and brow is wrinkled



WORRIED

Sometimes you spend a lot of time **WORRYING** about something that may happen. The best way to deal with this is to figure out **WHAT** is worrying you, then decide **HOW** you are going to deal with the problem. Use this chart to make a plan of action!

What am I worried about?

A rectangular box with a black border. In the top-left corner, there is a faint, circular icon containing a five-pointed star.

What's the worst that can happen?

A rectangular box with a black border. In the top-right corner, there is a faint, circular icon containing a five-pointed star.

Here's what I can DO to deal with my worry:

A rectangular box with a black border. In the top-left corner, there is a faint, circular icon containing a five-pointed star.



FACE CLUES...

- ★ Mouth is relaxed and slightly open
- ★ Eyes can be wide or squinting
- ★ Brows are pulled together and up in the center of the face or one may be raised and the other flat.



CONFUSED

Get Organized!

If you are not organized, it's easy to get confused. Write down the things you need to do and then check them off as you complete each task.



FACE CLUES...

- ★ Mouth is relaxed
- ★ Eyes are droopy and a little bit closed
- ★ Brows are without tension



BORED

DOODLES...

Sometimes, when people are bored, they need something to do to keep their minds occupied. Doodling or making small drawings is one way to deal with boredom.

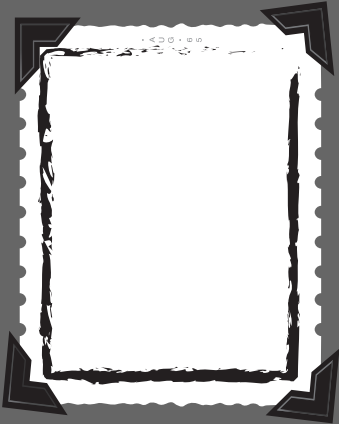
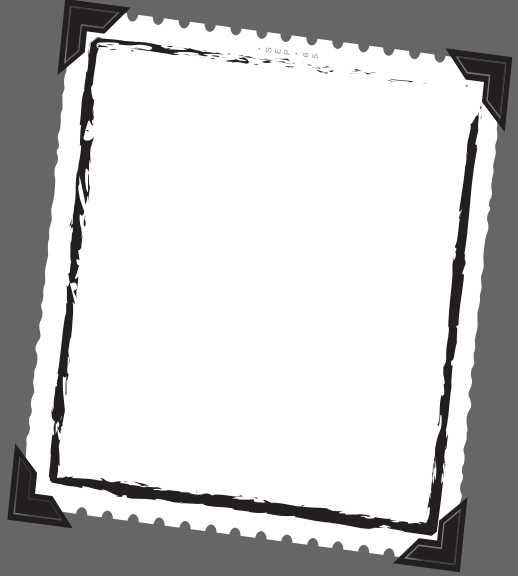
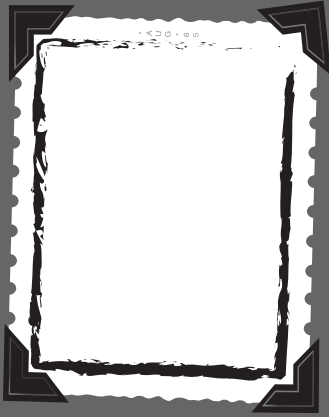


FACE CLUES...

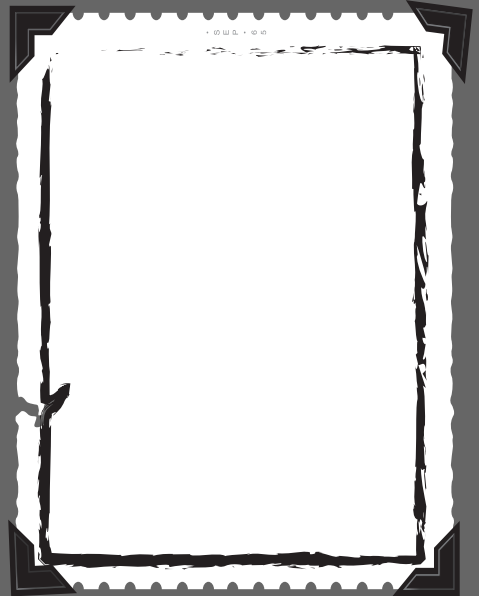
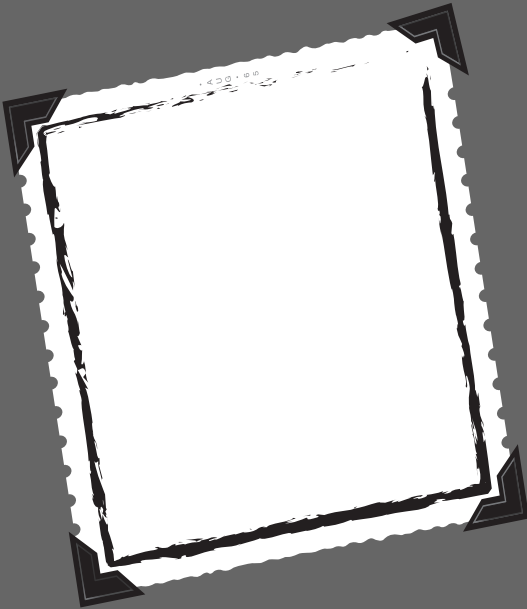
- ★ Mouth open in a big, wide smile (teeth may be showing)
- ★ Cheeks raised - lines from nose down to outside lips
- ★ Eyebrows raised and arched



EXCITED



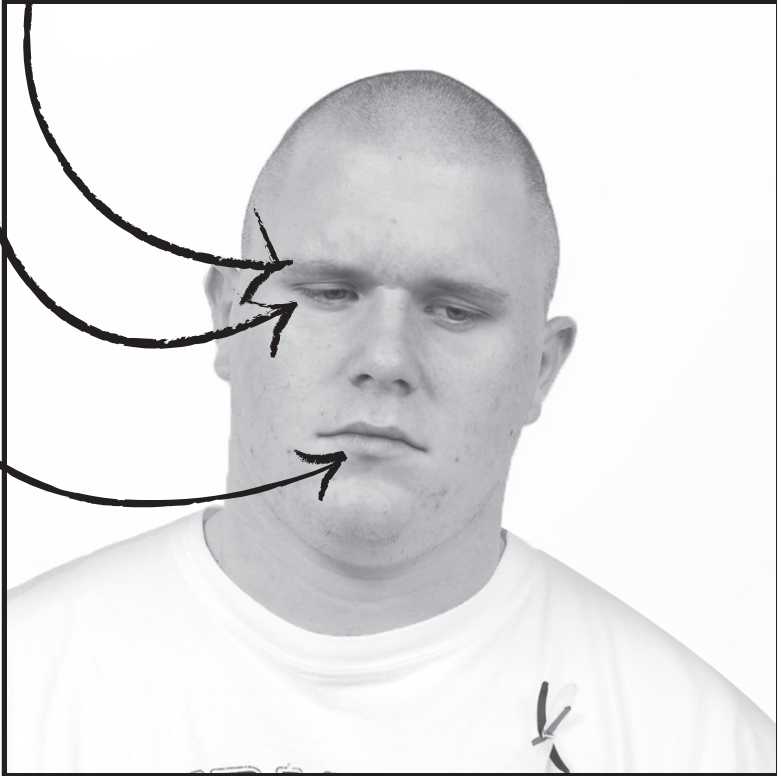
Draw (or cut and paste) **FIVE**
things that get you
EXCITED!





FACE CLUES...

- ★ Lips closed (lower lip may extend out)
- ★ Eyes downcast
- ★ Eyebrows lowered



DEPRESSED

FEELING DEPRESSED?

It's normal to feel sad sometimes, but if you feel sad and hopeless for a long time, you may be depressed. It's important to let someone else know if you are feeling depressed.

If you feel **Depressed**, you can:



Talk to someone about how you are feeling. If it's too hard to talk to someone directly, write them a letter.



Get moving! Exercise is a great way to relieve stress and make you feel better.



Listen to your favorite song.



Write a poem about your feelings.



Draw a picture of something that makes you laugh.



FACE CLUES...

★ Mouth is smiling (teeth may show)

★ Eyes are wide open

★ Eyebrows are raised



ENTHUSIASTIC



FACE CLUES...

- ★ Corner of mouth curled upwards
- ★ One cheek raised
- ★ Eyebrows arched (one eyebrow may be raised)



CONTEMPTUOUS

FRIEND OR FOE?

If you suspect that someone holds you in contempt, use this handy quiz to find out if they are truly a friend or not:

This person makes comments about me that make me feel bad.

A

This person is honest to me, but he or she never makes me feel bad.

B

All the time. This person seems to go out of his or her way to criticize me.

This person only talks to me when other people are not around. When others are around, he or she ignores me.

A

False

B

True

I feel comfortable sharing your feelings with this person:

A

True

B

False

If I have a problem, I know that this person will take the time to help me out:

A

True

B

False

RESULTS: if you picked mostly A's, you can be fairly sure this person is a true friend. If you picked more B's though, this person may not be a real friend after all.



SARCASM

Sarcasm is when somebody says something that sounds NICE, but it's really MEAN.



"Nice job dropping the ball during practice today!"

She is not complimenting you on your skills on the softball field. She is actually saying that she thinks you did a bad job and is trying to make you feel bad about it too.

A good response to this type of sarcasm would be to admit you need a little practice catching the ball. Keep it lighthearted, and don't get angry.

"I'm glad you're just standing there. Don't feel like you have to help or anything..."



He would like for you to help him with whatever he is doing. Your best bet would be to respond "I'm happy to help. What would you like me to do?", or just step in and give him a hand.

Strategies for dealing with **SARCASM**:



STAY CALM. A lot of times, the sarcastic person is just trying to make you angry or upset. If you **STAY CALM**, they may get bored and go find someone else to bug.



LAUGH. Laughter may diffuse the situation and make the other person act more friendly to you.



IGNORE IT. If the person is really being vile, sometimes it's best to just calmly walk away. It's okay to say, "If you are going to be sarcastic, I am not going to talk to you now."

The last time someone was
sarcastic to me was:



HYPERBOLE

For the record, it's pronounced "high-per-bowl-ee."

Hyperbole is a part of speech in which the speaker's comment is a complete exaggeration. This is done to provide emphasis or effect to the statement to express a particular emotion. The difficulty with hyperbole is that some people may take these statements literally and become confused by them.

Examples of hyperbole:

"It's raining cats and dogs!"

"He's about 900 years old."

"I have a million things to do today."

"The letter took forever to arrive."

Use this handy T-Chart to make a list of frequently heard hyperboles that you find confusing and list their true meanings and situations that they are likely to be used in:

What they say	What it really means



METAPHORS

(It's pronounced "Met-a-FOUR")

Metaphors are a type of figure of speech. It is a way that people make comparisons between two or more things when they are speaking.

The comparison that is made between things in a metaphor is not an actual, concrete comparison. You cannot have the two things in front of you and physically compare their attributes. Instead, it is an abstract way that people give emphasis to what they are saying.

Although similes use the words "like" and "as" to make comparisons between things, metaphors do not. They are stated in a way that allows the speaker to speak of one thing as if it were another.

Examples of Metaphors are:

"He has a heart of stone."

"That car is a lemon."

"You are the apple of my eye."

Can you make a list
of **FIVE** metaphors?















PERSONIFICATION

Personification is a part of speech that applies human traits, qualities and/or abilities to animals, objects or inanimate things.

Although personification is most often found in stories, poems and nursery rhymes, people do use it to add interest to their comments during conversation. It often is a source of embellishment or variation to the typical manner of making a statement in conversation.

Personification is also used in advertising campaigns to encourage the sale of products to the consumer. This technique helps to make an object or service seem more vivid or inviting.

Examples of Personification are:

“The camera loves me.”

“My computer is taking forever to boot up this morning. It must be very sleepy.”

(This one is Hyperbole AND Personification. But which is which?)

“The little dog laughed to see such sport & the dish ran away with the spoon.”

Right now, I am feeling: _____

I feel this way because:

I can deal with this emotion by trying the following things:

Strategy:

Result:



Strategy:

Result:



Strategy:

Result:



Pick your best strategy and see if it helps the situation.

Right now, I am feeling: _____

I feel this way because:

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Result:



Strategy:

Result:



Strategy:

Result:



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Result:



Strategy:

Result:



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Result:



Strategy:

Result:



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Strategy:

Result:



Strategy:

Result:



Strategy:

Result:



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Strategy:

Result:



Strategy:

Result:



Strategy:

Result:



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I feel this way because:

I can deal with this emotion by trying the following things:

Strategy:

Result:



Strategy:

Result:



Strategy:

Result:



Pick your best strategy and see if it helps the situation.