

HOW I FEEL

Try to be really honest and think about it before you answer

1. When things go wrong or I feel very emotional (tick the boxes and fill in the answers if you can)

I feel really angry because.....

.....

.....

I feel angry but I don't know why

I feel frightened because.....

.....

.....

I feel frightened but I don't know why

I feel let down because.....

.....

.....

I feel let down because but I don't know why

I feel sad because.....

.....

.....

I feel sad but I don't know why

2. My greatest worry is:.....

.....

3. I feel happiest when:.....
.....

4. What does Dad expect me to be like?

At home

At school.....

5. What does Mum expect me to be like?

At home

At school.....

6. Who do I think really likes me?

1.

2.

3.

4.

7. Who doesn't like me?

1.

2.

3.

4.

8. Who am I not sure about and wouldn't trust?

1.

2.

3.

4.