

Worksheet 29: The emotions your child experiences in different situations

Anxiety/fear

Body signs:

Anxious thoughts:

Actions:

Embarrassment

Body signs:

Embarrassed thoughts:

Actions:

Anger

Body signs:

Angry thoughts:

Actions:

Sadness

Body signs:

Sad thoughts:

Actions:

Shame

Body signs:

Shame-based thoughts:

Actions:

Other emotions

Body signs:

Thoughts:

Actions: