

# Personal profile

Work on your own and think about the times you experienced the following feelings:

Anger	Appreciated	Sadness	Happiness	Excitement
Lovely	Liked	Jealous	Tension	Upset
Panic	Annoyed	Irritated	Confident	Peaceful
Loved	Grateful	Fear	Moody	Hurt

Discuss these times with a partner using the following script:

(a) I felt \_\_\_\_\_ when \_\_\_\_\_

(b) When I felt \_\_\_\_\_ I did \_\_\_\_\_

(c) I thought \_\_\_\_\_

(d) On reflection, I could have \_\_\_\_\_

(e) If I feel like this again, I will \_\_\_\_\_



## Photocopiable:

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