

# MY FEELINGS WORKBOOK



 HOPE 4 HURTING KIDS 

# ABOUT THIS BOOK

When children are hurting, a significant step in the healing process lies in teaching kids to recognize and name their emotions. That is the purpose of this book. In reading about, and thinking about, each of the emotions contained in this book, children will begin to recognize what is going on inside and be able to express that to other people. Recognizing these feeling does not equate to closure, but in talking about these feelings, they can find a measure of healing.

This book was originally envisioned as a book for children of divorce and was developed as a joint venture between two organizations related to Hope 4 Hurting Kids (I Am A Child of Divorce and Divorce Ministry 4 Kids). Part of the battle every child faces during, and following, the divorce of their parents is dealing with the intense emotions that accompany that time in their lives.

Although this workbook was originally planned for children of divorce, we quickly realized the value in recognizing and naming emotions for all types of children facing all types of challenges and difficulties in their lives. We've heard from people all over the globe who have used this workbook with all types of children who are learning how to express themselves, dealing with emotional trauma, or struggling with what they're feeling inside. We've also been pleasantly surprised by the number of teens and even for adults using the workbook for similar reasons.

We all deal with emotions every day of our lives (both our own and those of the people we come into contact with). This workbook can help you, and them, to start the conversation and hopefully to begin down the path towards hope and healing.

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# HOW TO USE THIS BOOK



## The Definition:

Definitions taken, or adapted, from the Merriam-Webster Learner's Dictionary (<http://www.learners-dictionary.com>)

## WHEN I AM FEELING \_\_\_\_\_

### My Face Looks Like

Draw a picture, or describe, what your face looks like when you are feeling the emotion shown on this page. Make up your own face or use the image above as a guide.

### My Body Looks Like

Draw a picture, or describe, what your body might look like when you are feeling the emotion shown on this page. What do your arms and legs look like? How about your hands and feet?

### My Insides Feel Like

Draw a picture, or describe, how your insides feel when you are experiencing the emotion shown on this page. Be creative!

## WHAT MAKES ME FEEL \_\_\_\_\_?

Make a list, or draw pictures, of things, people, places and events that make you feel the emotion shown on this page. Think about times when you have felt this emotion and list them here, or draw pictures of them.

Make a list, or draw pictures, of things, people, places and events that DO NOT make you feel the emotion shown on this page.

# EMOTIONS

(PAGE 1)



Angry



Anxious



Apologetic



Ashamed



Bashful



Bored



Confident



Confused



Cool



Determined



Disappointed



Disbelieving



Discouraged



Disgusted



Enraged



Envious



Exasperated



Excited



Exhausted



Frightened



Frustrated



Grieving



Guilty



Happy



Hopeful

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# EMOTIONS

(PAGE 2)



Horrorified



Hurt



Indifferent



Jealous



Joyful



Lonely



Loved



Miserable



Negative



Optimistic



Overwhelmed



Peaceful



Perplexed



Proud



Regretful



Relieved



Sad



Scared



Shocked



Shy



Silly



Surprised



Suspicious



Thoughtful



Withdrawn

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HOPE 4 HURTING KIDS



<http://Hope4HurtingKids.com>

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Guilty.....	28	Withdrawn.....	55

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# ANGRY

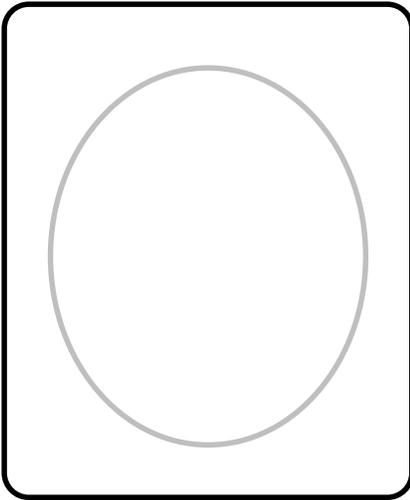


Feeling Angry Means:

*Filled with anger: having a strong feeling of being upset or annoyed*

## WHEN I AM FEELING ANGRY:

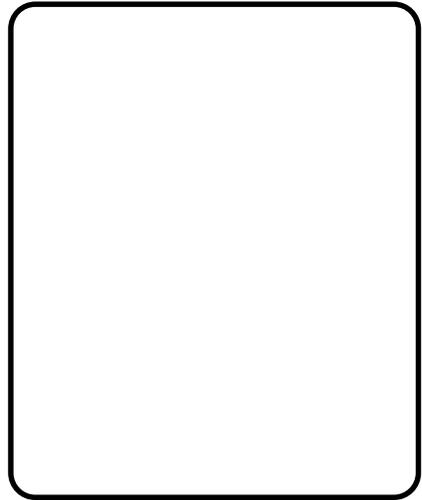
My Face Looks Like



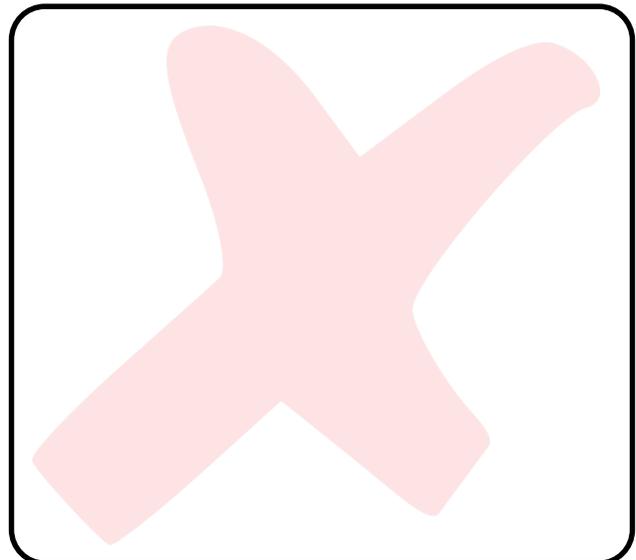
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL ANGRY?



# ANXIOUS

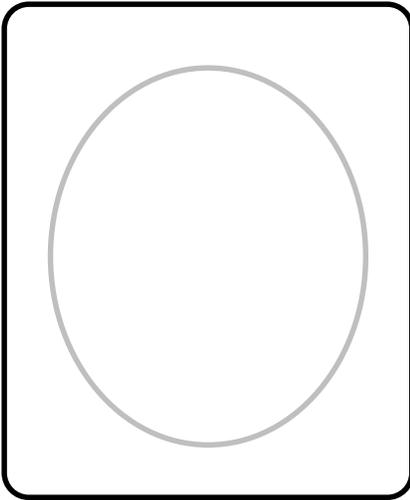


Feeling **Anxious** Means:

*Afraid or nervous especially about what may happen: feeling anxiety*

## WHEN I AM FEELING **ANXIOUS**:

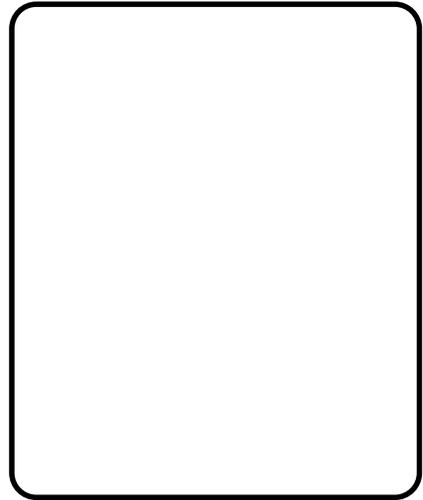
My Face Looks Like



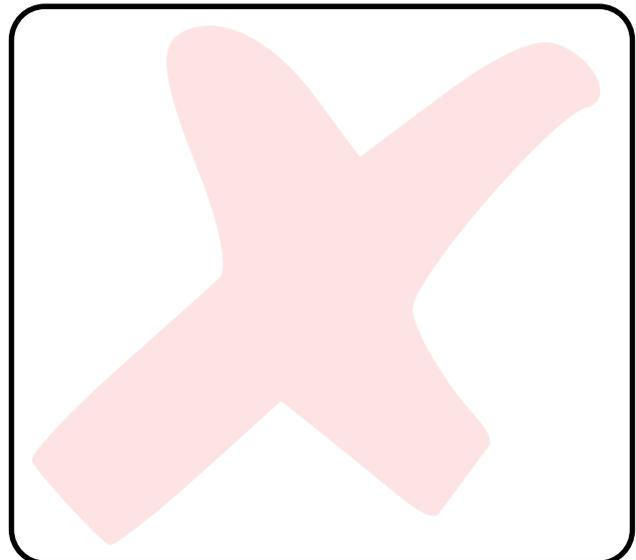
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL **ANXIOUS**?



# APOLOGETIC

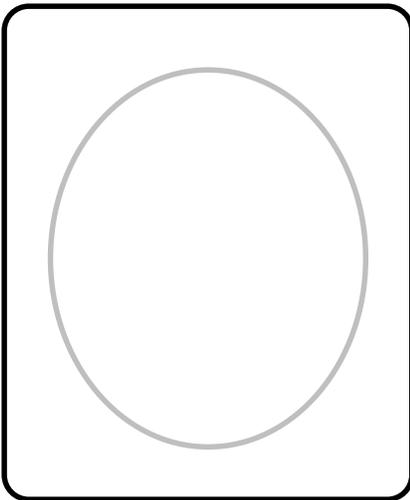


Feeling Apologetic Means:

Feeling or showing regret:  
expressing an apology

## WHEN I AM FEELING APOLOGETIC:

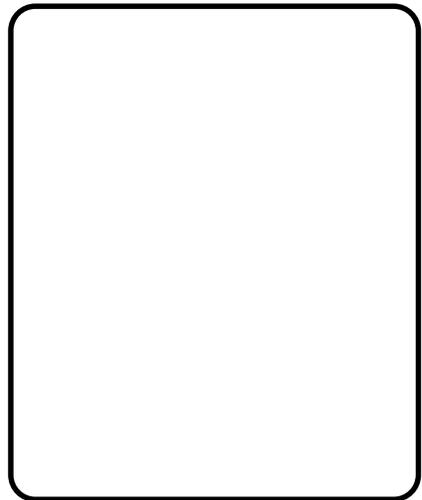
My Face Looks Like



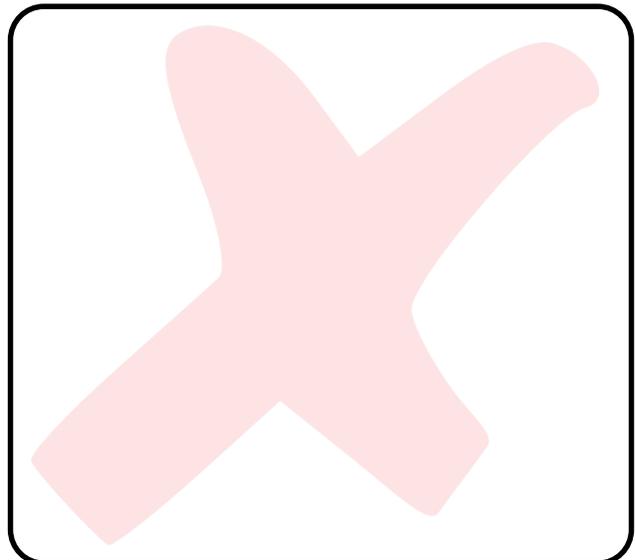
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL APOLOGETIC?



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# ASHAMED

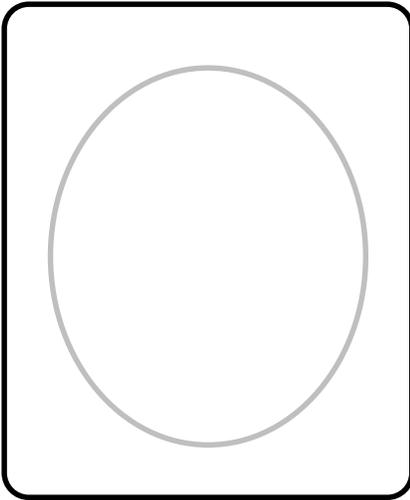


Feeling Ashamed Means:

*Feeling shame (a feeling of guilt, regret, or sadness out of believing you have done something wrong) or guilt*

## WHEN I AM FEELING ASHAMED:

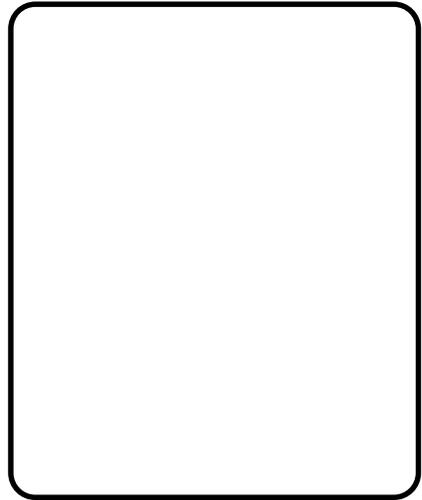
My Face Looks Like



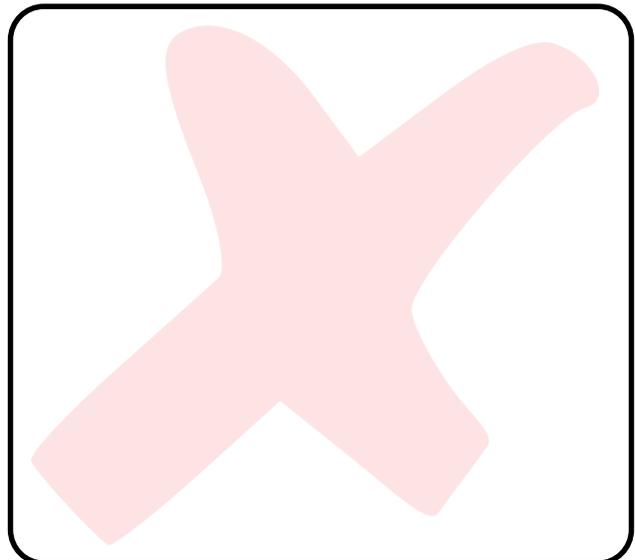
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL ASHAMED?



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# BASHFUL

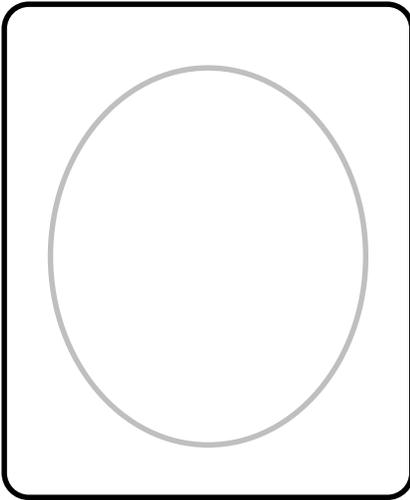


Feeling Bashful Means:

*Nervous or uncomfortable in social situations: afraid to talk to people because of a lack of confidence*

## WHEN I AM FEELING BASHFUL:

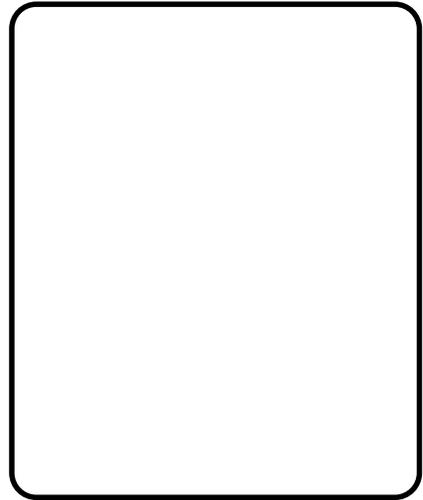
My Face Looks Like



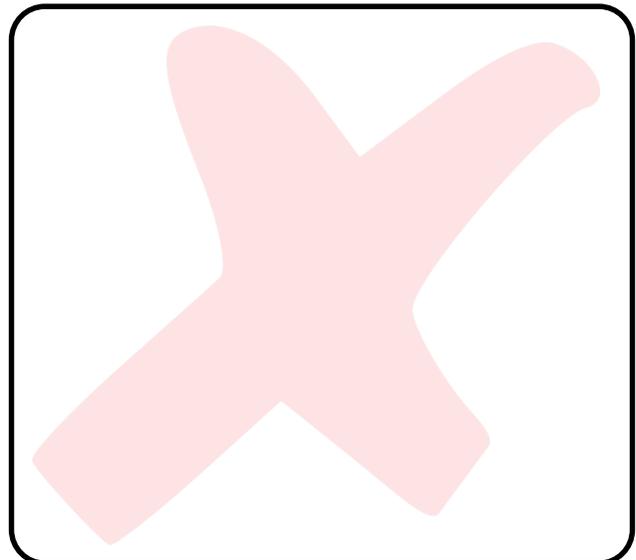
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL BASHFUL?



# BORED

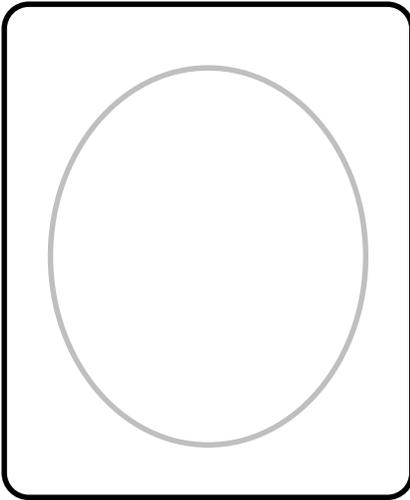


Feeling Bored Means:

*Tired and annoyed by something uninteresting or too familiar*

## WHEN I AM FEELING BORED

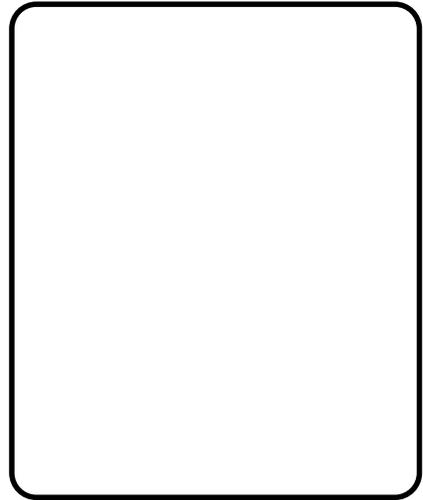
My Face Looks Like



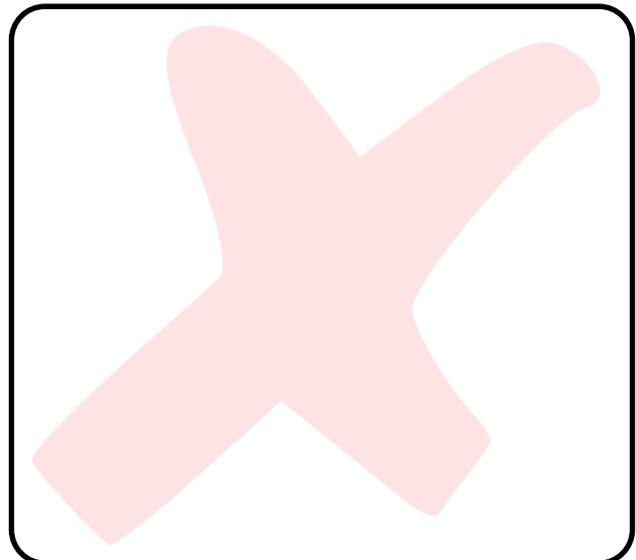
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL BORED?



# CONFIDENT

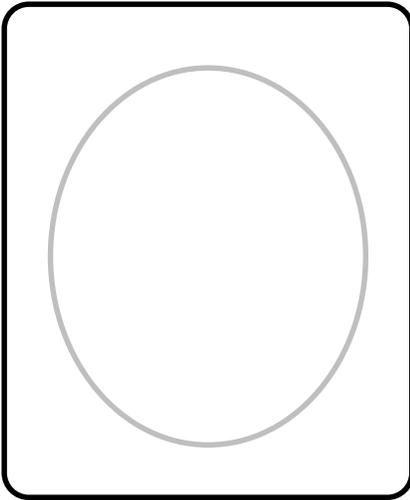


Feeling Confident Means:

*Having a feeling or belief that you can do something well or succeed at something: having confidence*

## WHEN I AM FEELING CONFIDENT:

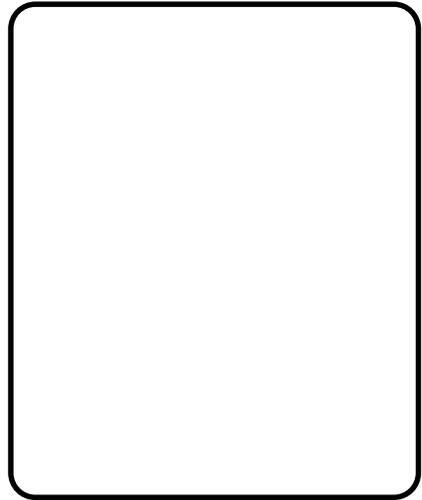
My Face Looks Like



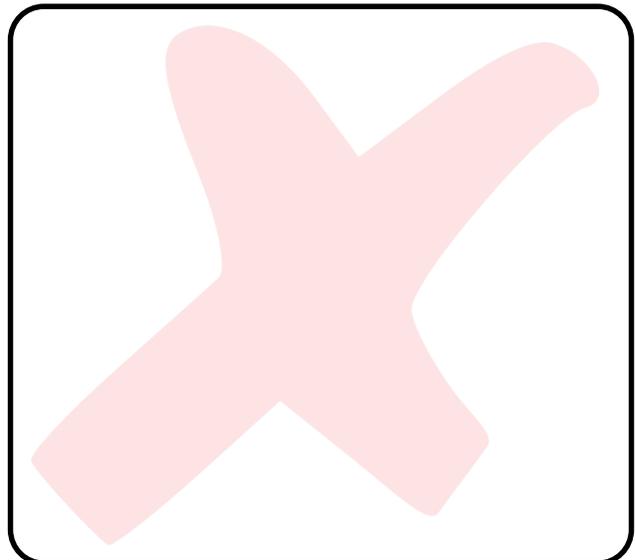
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL CONFIDENT?



# CONFUSED

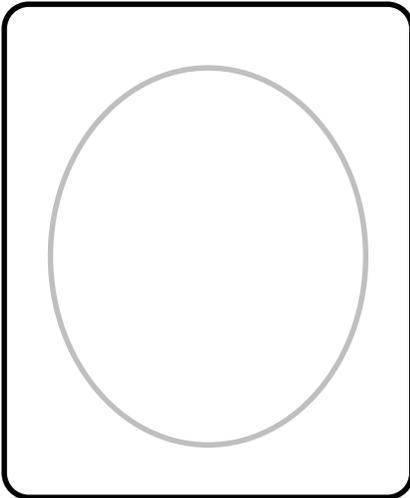


Feeling Confused Means:

Unable to understand or think clearly

## WHEN I AM FEELING CONFUSED:

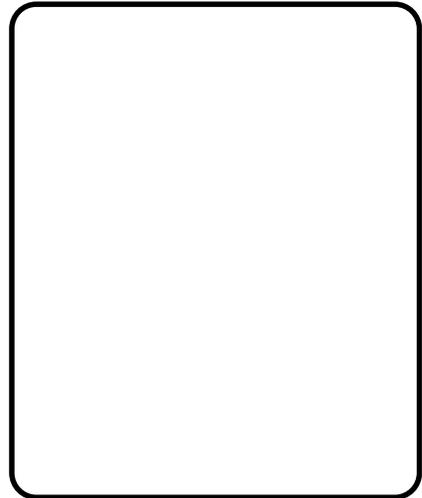
My Face Looks Like



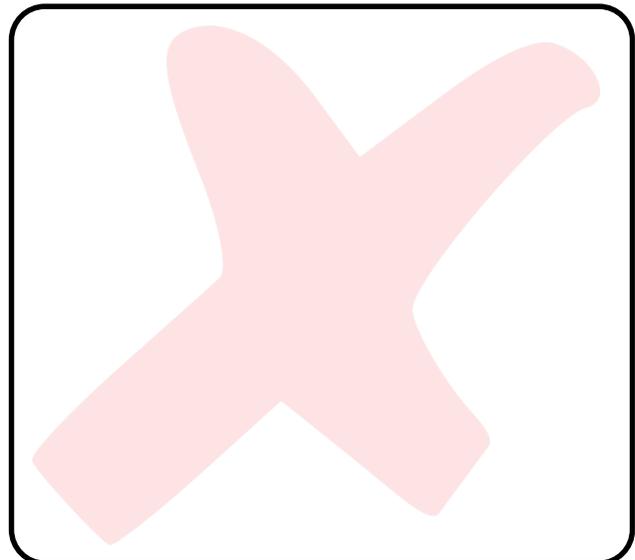
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL CONFUSED?



# COOL

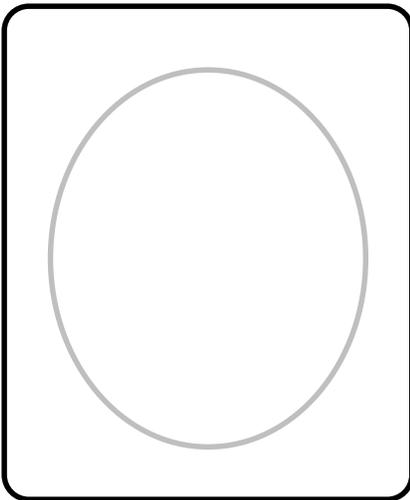


Feeling Cool Means:

*Able to think and act in a calm way:  
not affected by strong feelings*

## WHEN I AM FEELING COOL:

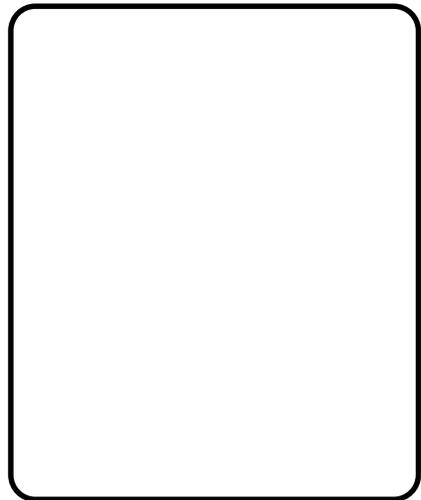
My Face Looks Like



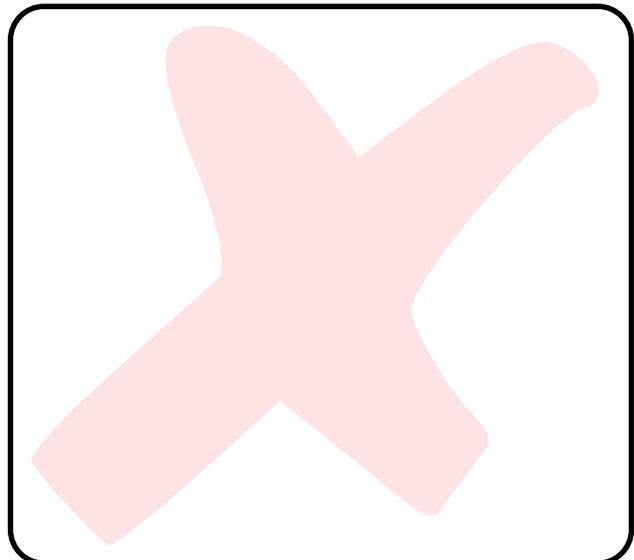
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL COOL?



# DETERMINED

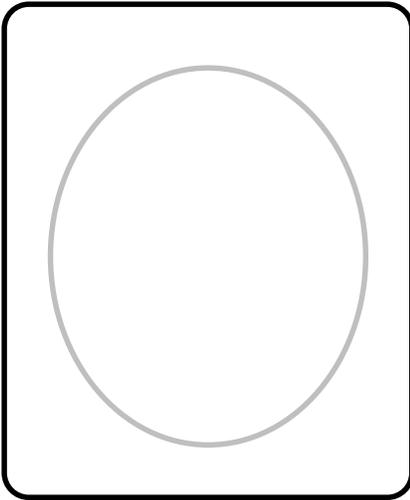


Feeling Determined Means:

Having a strong feeling you are going to do something and you will not allow anyone or anything to stop you

## WHEN I AM FEELING DETERMINED

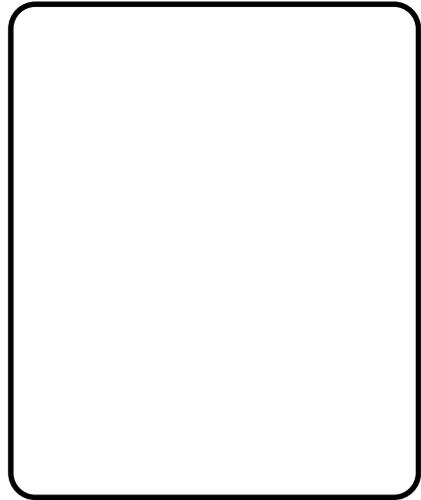
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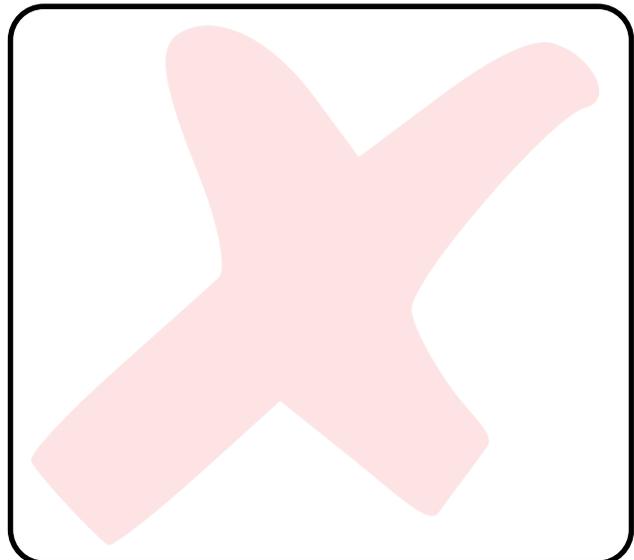
My Body Looks Like



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## WHAT MAKES ME FEEL DETERMINED?



# DISAPPOINTED

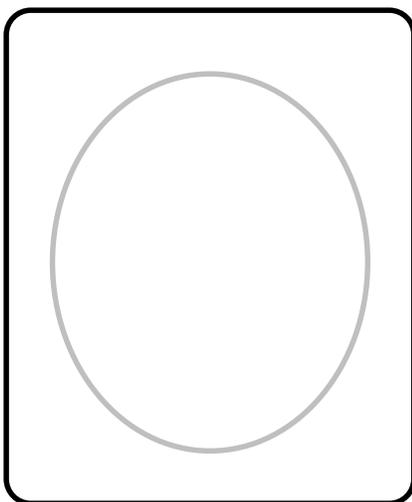


## Feeling Disappointed Means:

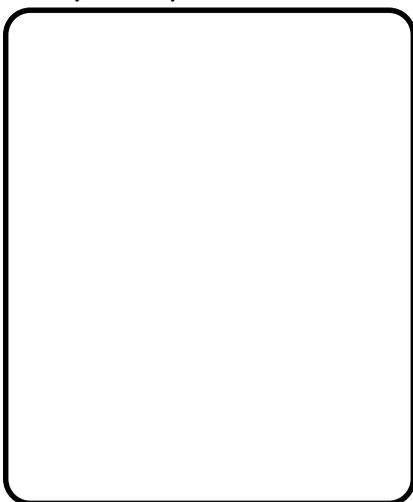
*Feeling sad, unhappy, or displeased because something was not as good as expected or because something you hoped for or expected did not happen*

## WHEN I AM FEELING DISAPPOINTED

My Face Looks Like



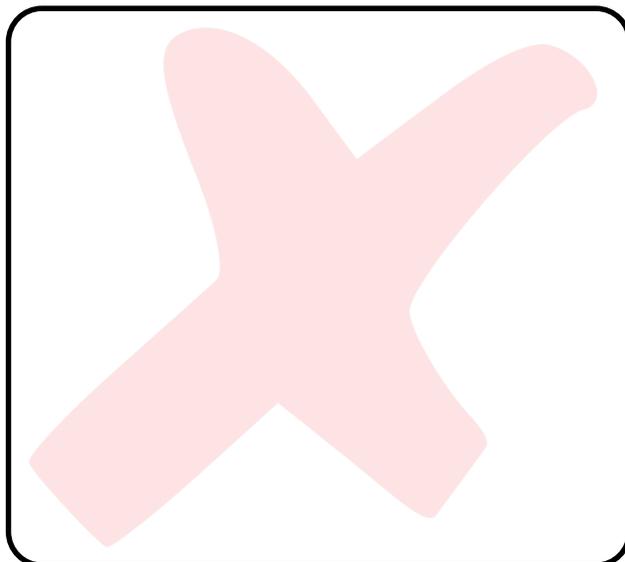
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL DISAPPOINTED?



# DISBELIEVING

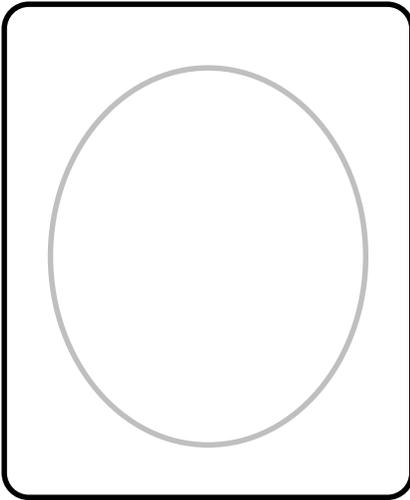


Feeling Disbelieving Means:

Not accepting someone or something or regarding it as true

## WHEN I AM FEELING DISBELIEVING

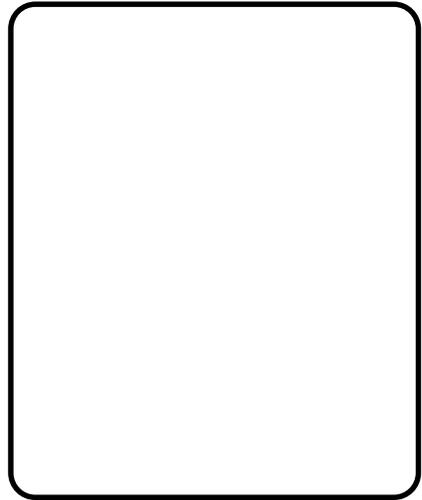
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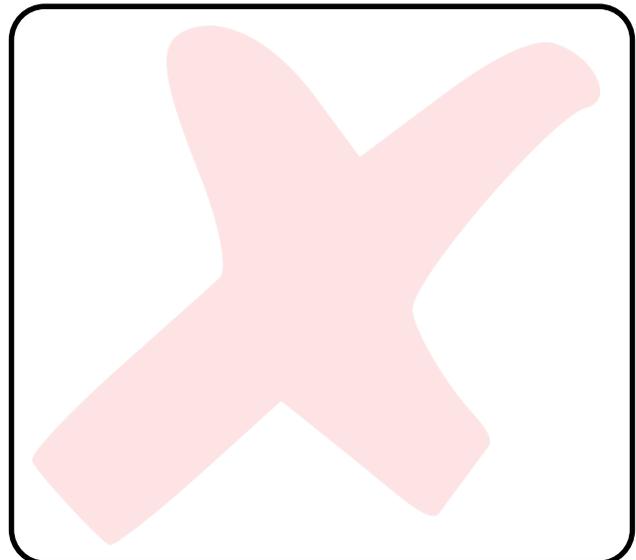
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL DISBELIEVING?



# DISCOURAGED

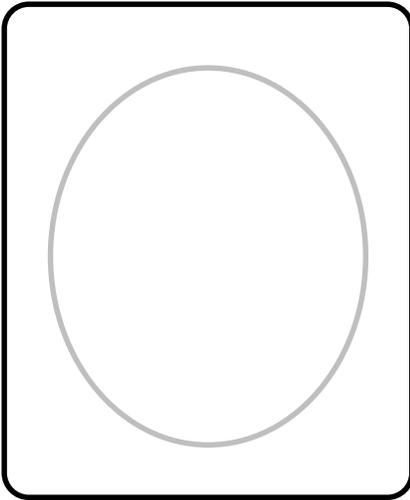


Feeling Discouraged Means:

To be less determined, hopeful,  
or confident

## WHEN I AM FEELING DISCOURAGED

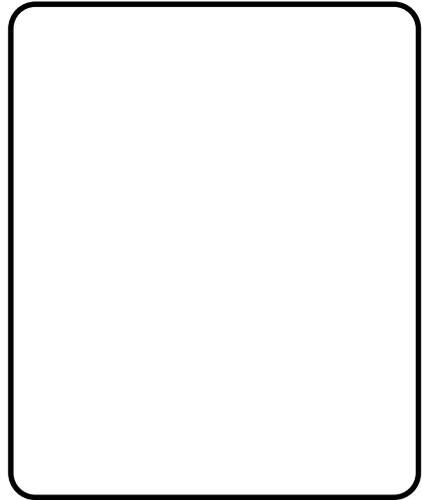
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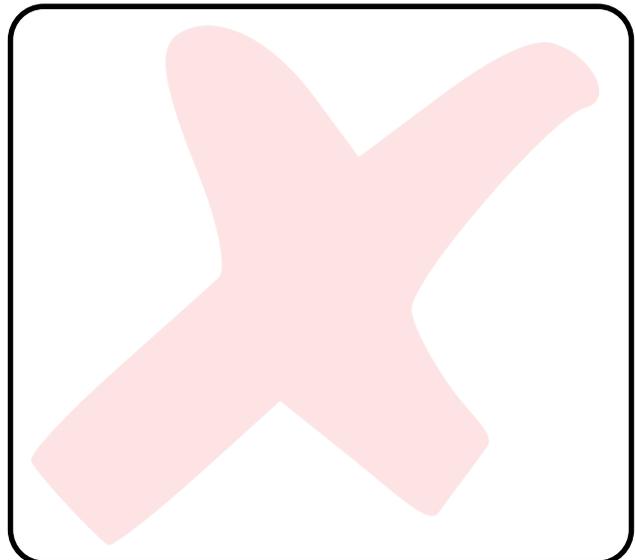
My Body Looks Like



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## WHAT MAKES ME FEEL DISCOURAGED?



# DISGUSTED

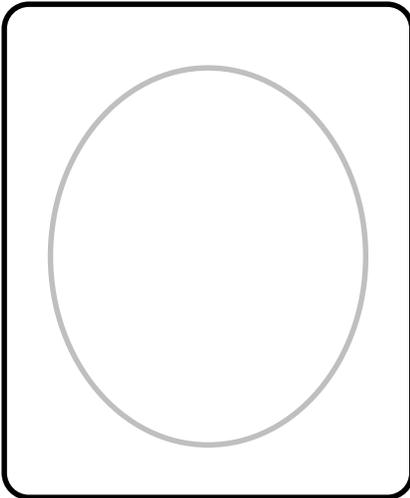


Feeling Disgusted Means:

*Very annoyed or angry about something: feeling or showing disgust*

## WHEN I AM FEELING DISGUSTED:

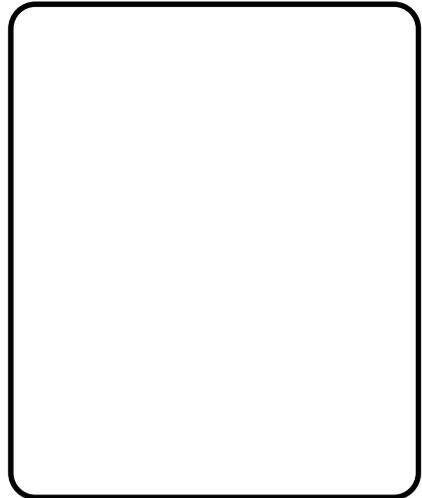
My Face Looks Like



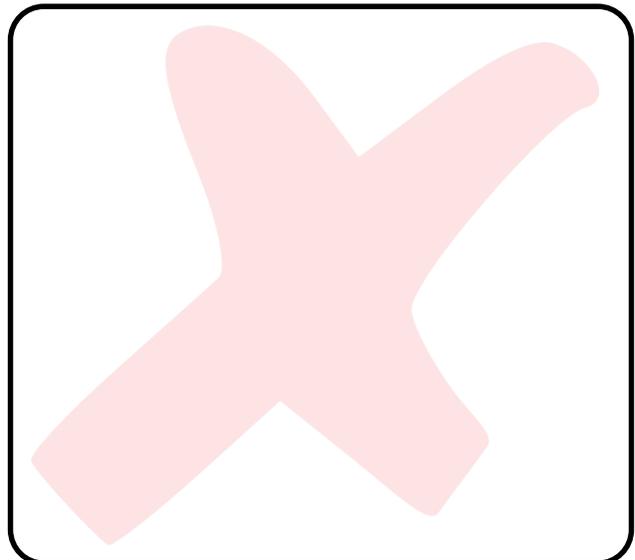
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL DISGUSTED?



# ENRAGED

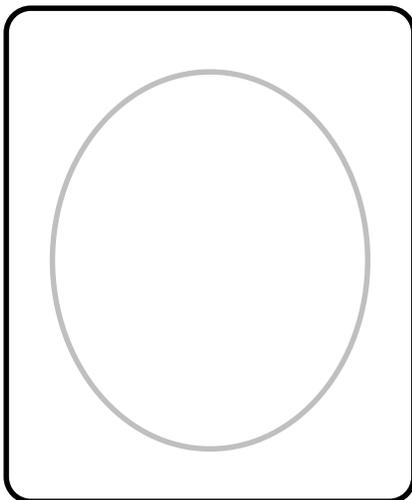
Feeling Enraged Means:

*Very angry; filled with rage*

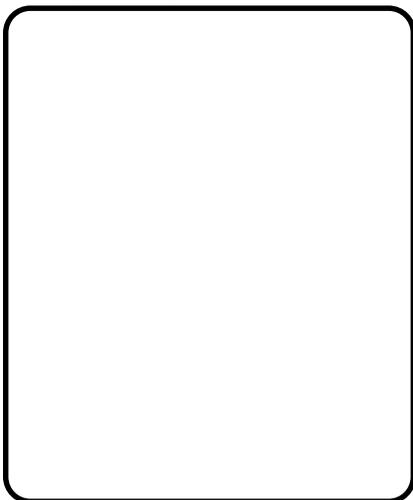


## WHEN I AM FEELING ENRAGED:

*My Face Looks Like*



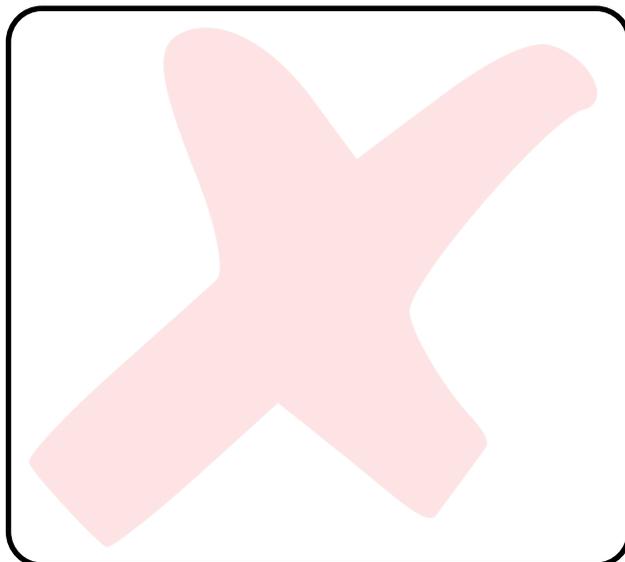
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL ENRAGED?



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# ENVIIOUS

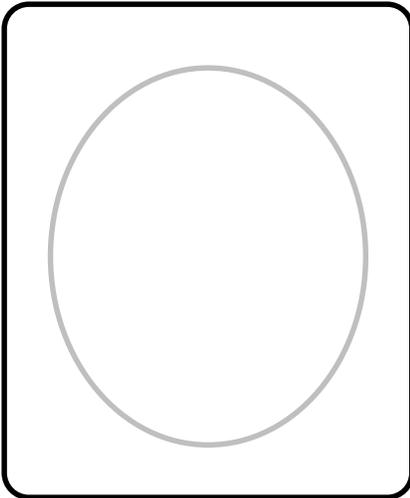


Feeling Envious Means:

*Feeling or showing a desire to have what someone else has: feeling or showing envy*

## WHEN I AM FEELING ENVIIOUS:

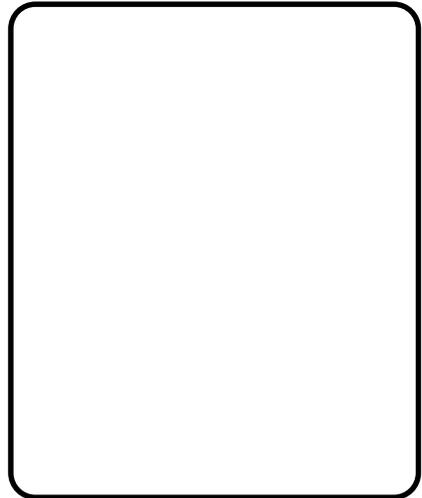
My Face Looks Like



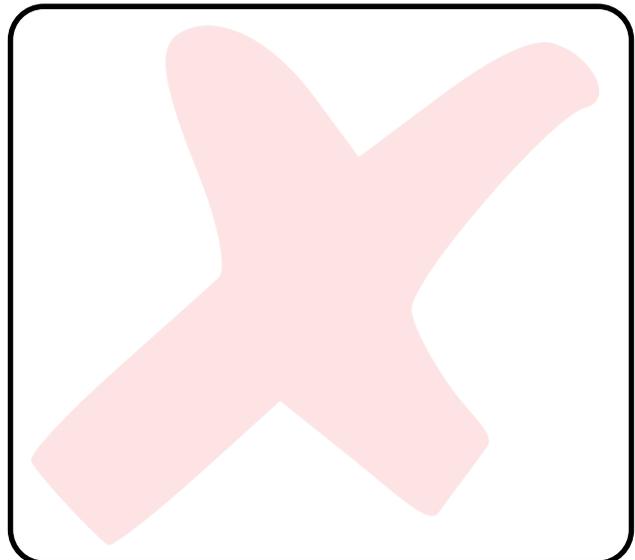
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL ENVIIOUS?



# EXASPERATED

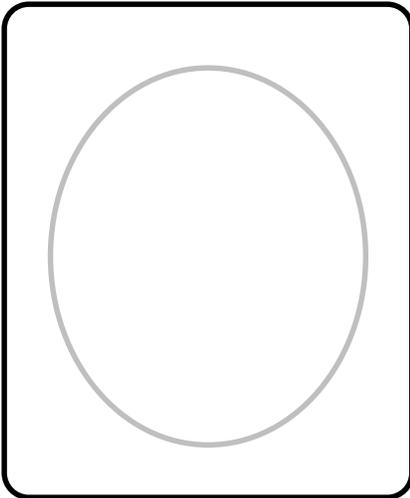


Feeling Exasperated Means:

*Very angry or annoyed*

## WHEN I AM FEELING EXASPERATED

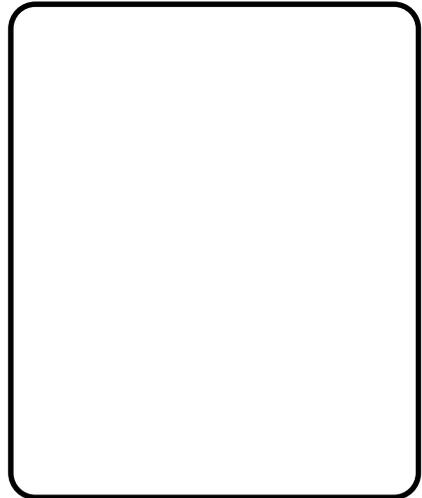
*My Face Looks Like*



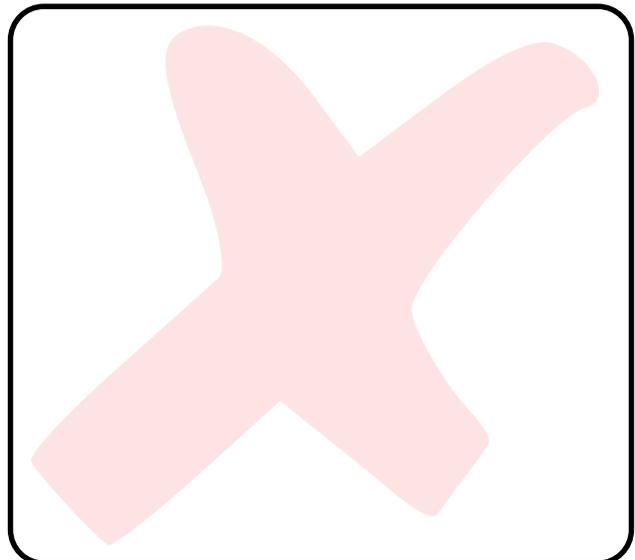
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL EXASPERATED?



# Excited

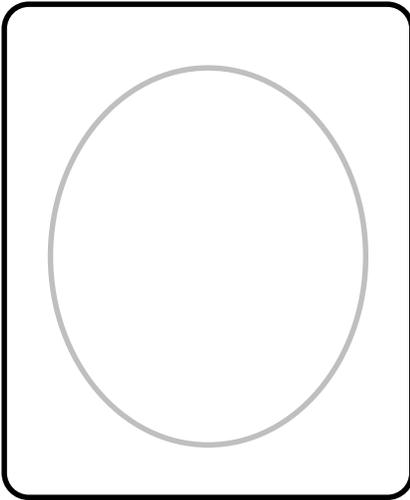


Feeling **Excited** Means:

*Very enthusiastic and eager about something*

## WHEN I AM FEELING **Excited**:

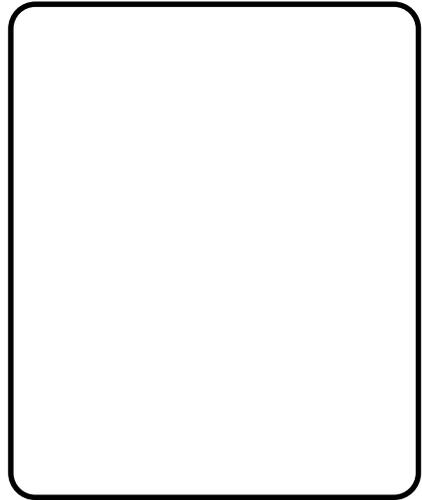
My Face Looks Like



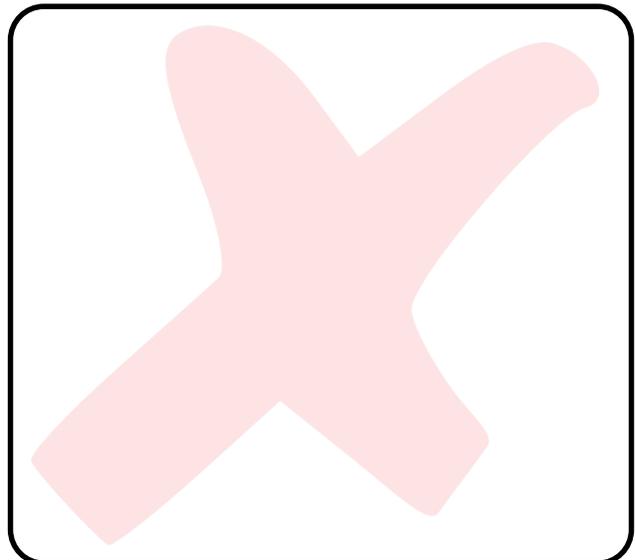
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL **Excited**?



# EXHAUSTED

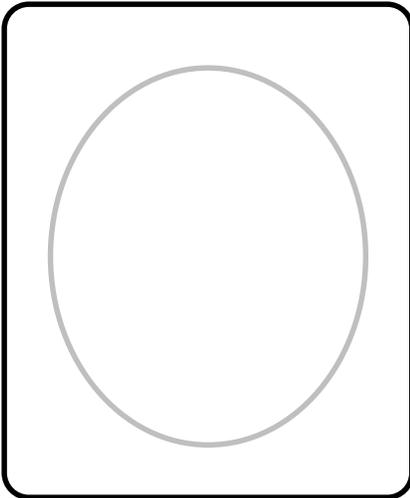


Feeling Exhausted Means:

*Tired out or worn out*

## WHEN I AM FEELING EXHAUSTED:

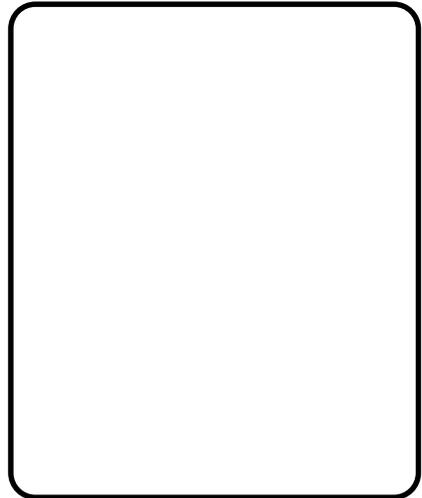
*My Face Looks Like*



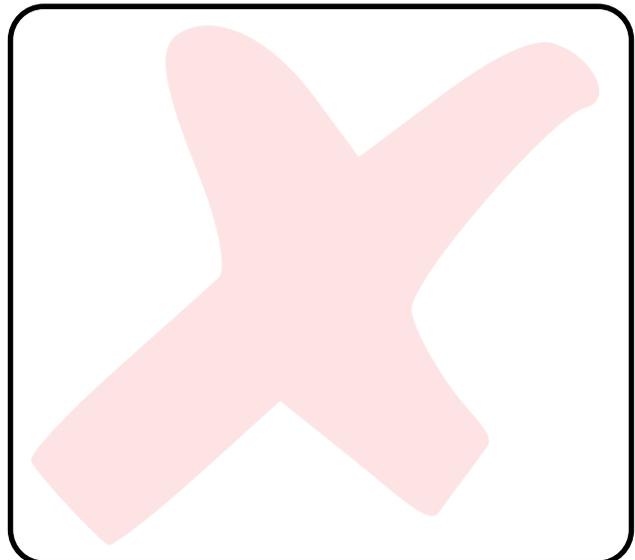
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL EXHAUSTED?



# FRIGHTENED

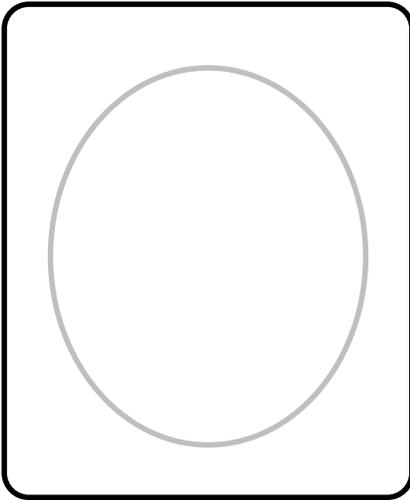


Feeling Frightened Means:

*Afraid of something or someone*

## WHEN I AM FEELING FRIGHTENED:

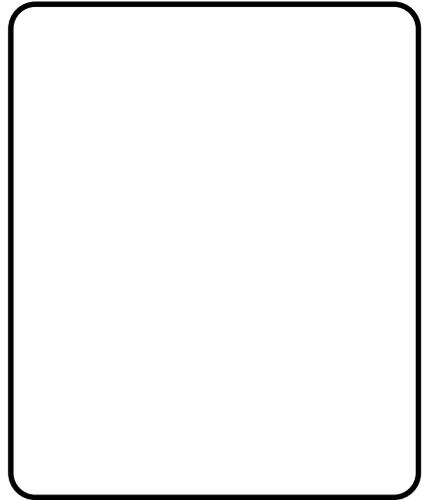
*My Face Looks Like*



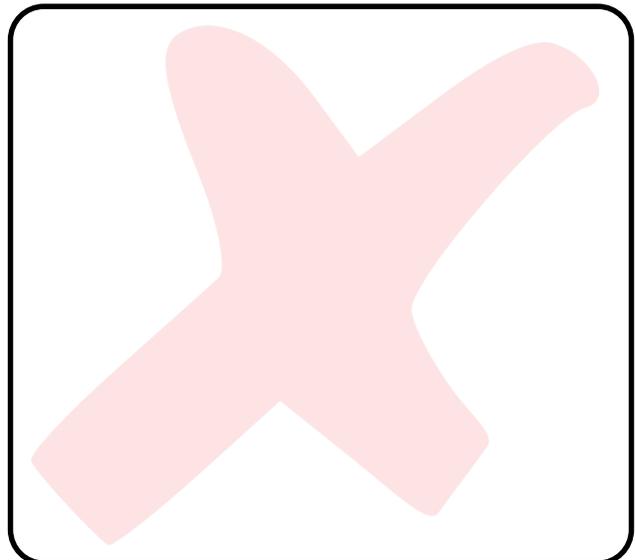
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL FRIGHTENED?



# FRUSTRATED

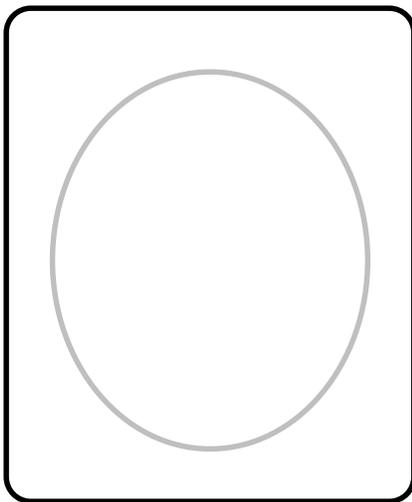


Feeling Frustrated Means:

Very angry, discouraged, or upset because of being unable to do or complete something

## WHEN I AM FEELING FRUSTRATED:

My Face Looks Like



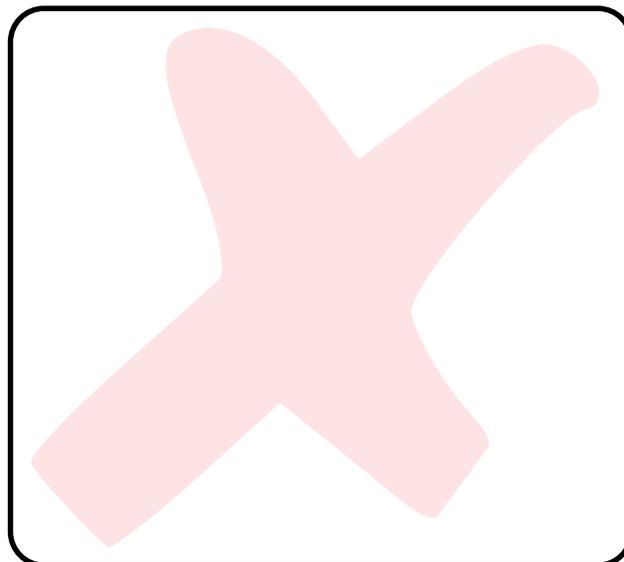
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL FRUSTRATED?



# GRIEVING

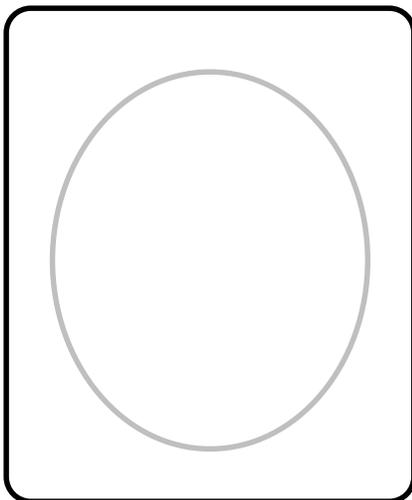


Feeling **Grieving** Means:

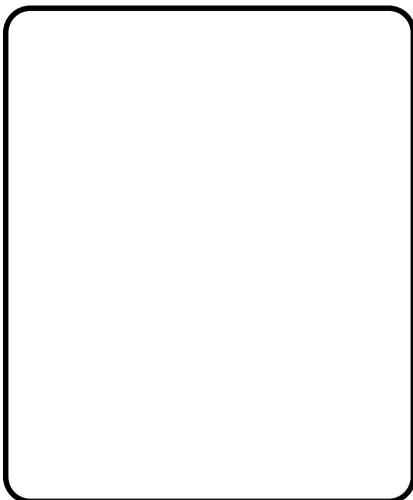
*Feeling sad or unhappy about the loss of something*

## WHEN I AM FEELING **GRIEVING**

*My Face Looks Like*



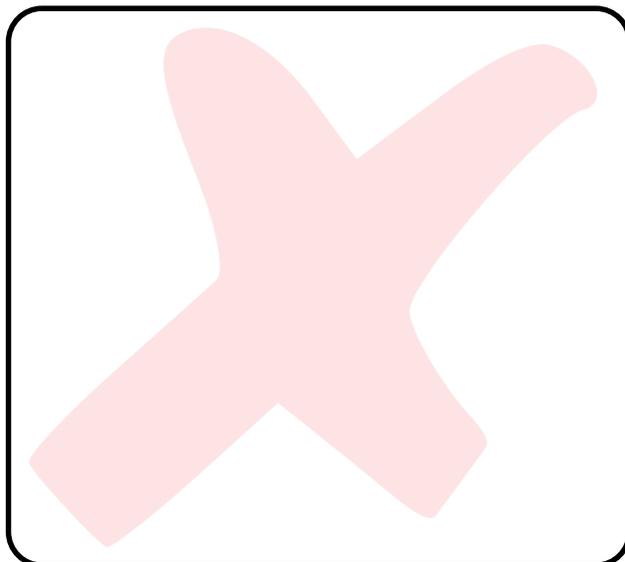
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL **GRIEVING**?



# GUILTY

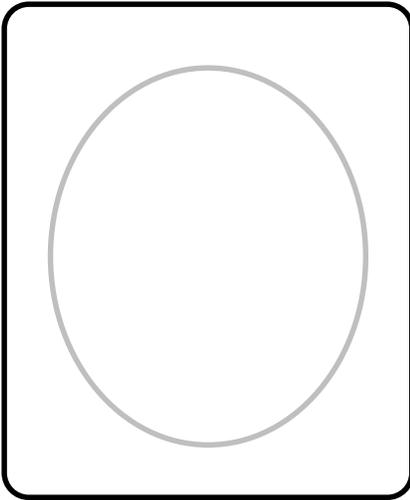


Feeling Guilty Means:

*Feeling responsible for doing something bad or wrong*

## WHEN I AM FEELING GUILTY:

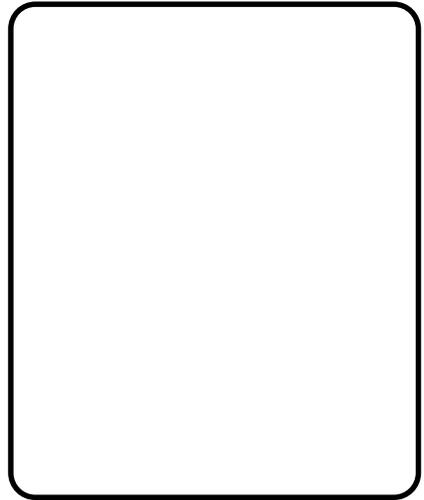
My Face Looks Like



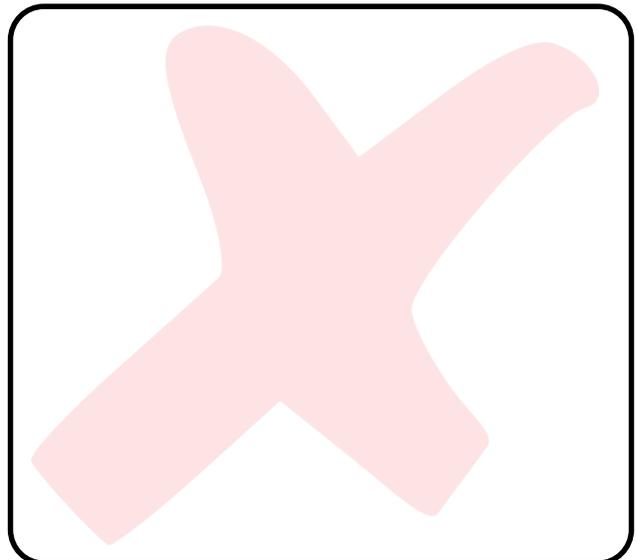
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL GUILTY?



M  
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# HAPPY

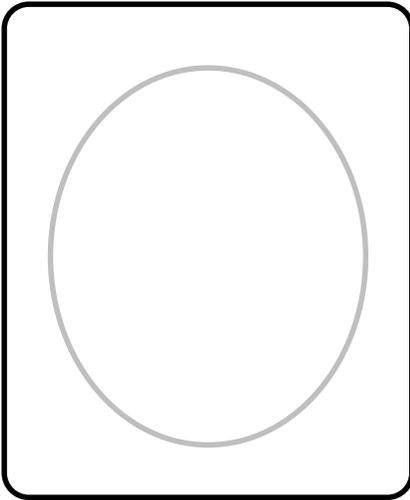


Feeling Happy Means:

*Feeling pleasure and enjoyment because of your life, situation, etc.*

## WHEN I AM FEELING HAPPY:

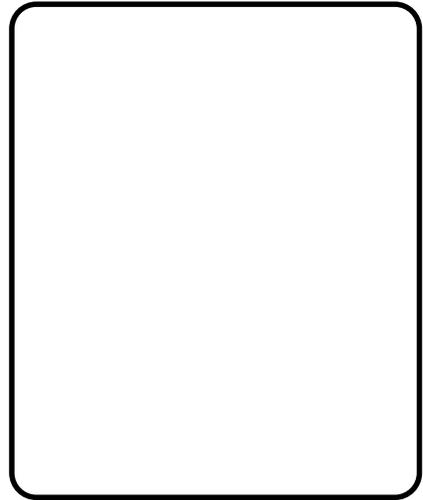
My Face Looks Like



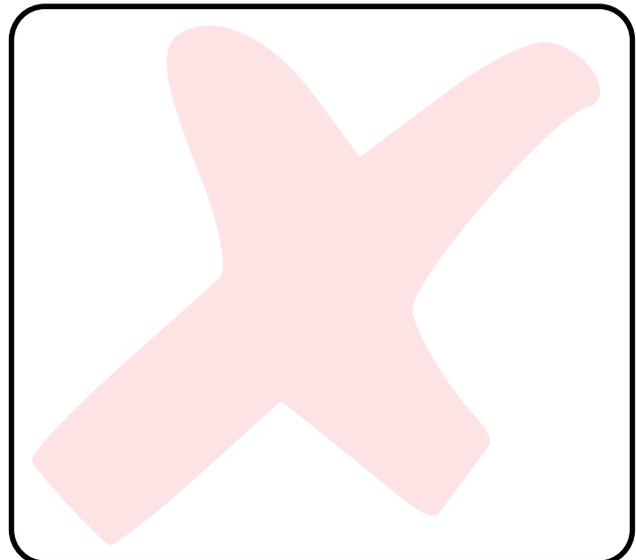
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL HAPPY?



# HOPEFUL

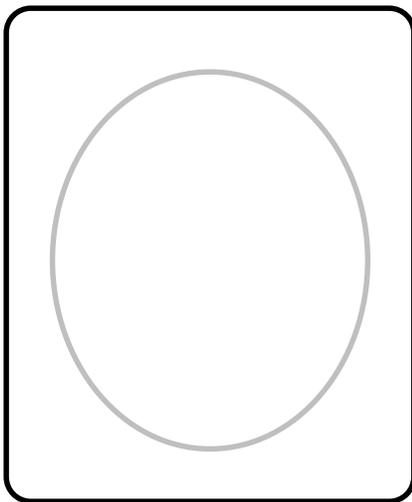


Feeling Hopeful Means:

Full of hope (wanting something to happen or be true and thinking that it could happen or be true)

## WHEN I AM FEELING HOPEFUL:

My Face Looks Like



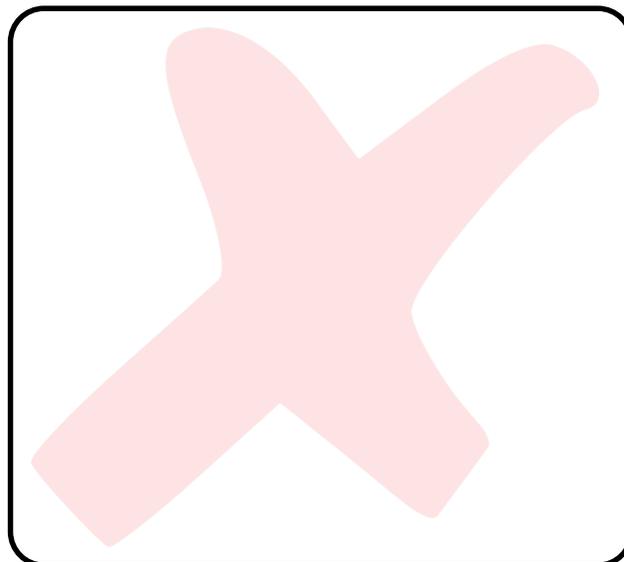
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL HOPEFUL?



# HORRIFIED

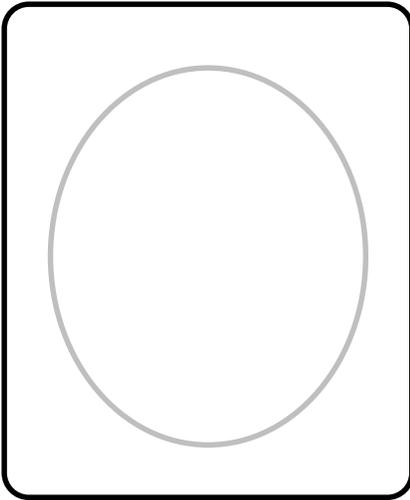


Feeling **Horrified** Means:

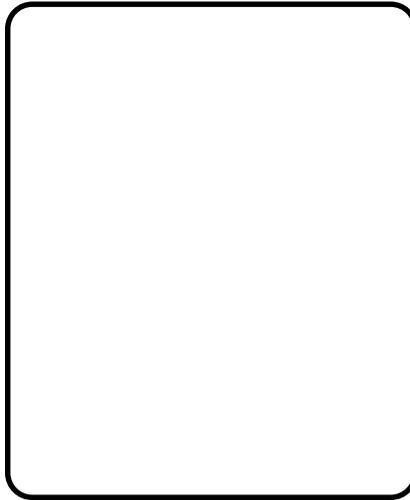
Feeling horror or shock: being greatly upset and shock

## WHEN I AM FEELING HORRIFIED:

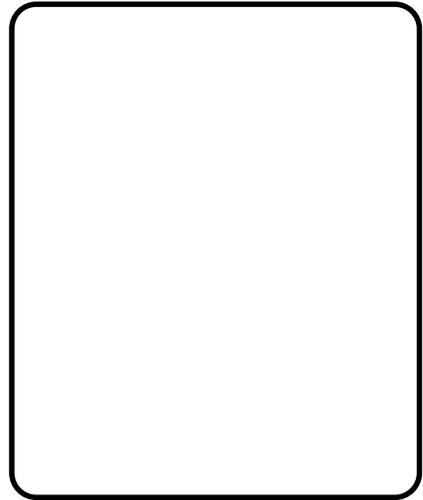
My Face Looks Like



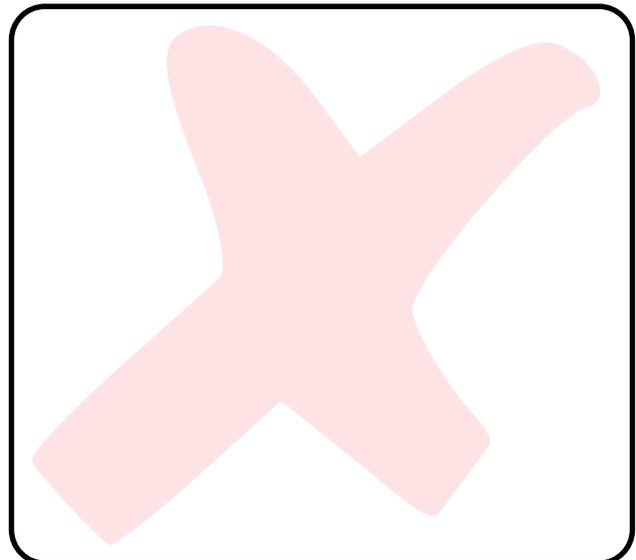
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL HORRIFIED?



# HURT

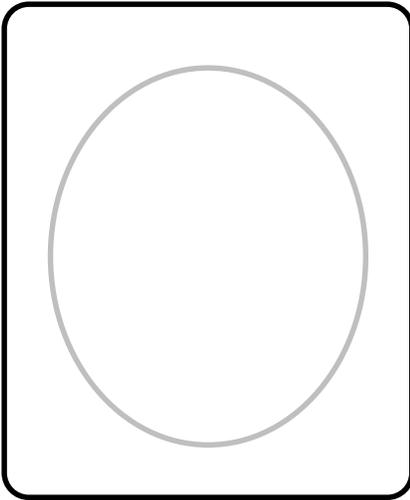


Feeling Hurt Means:

*To be sad or upset: to suffer emotionally*

## WHEN I AM FEELING HURT:

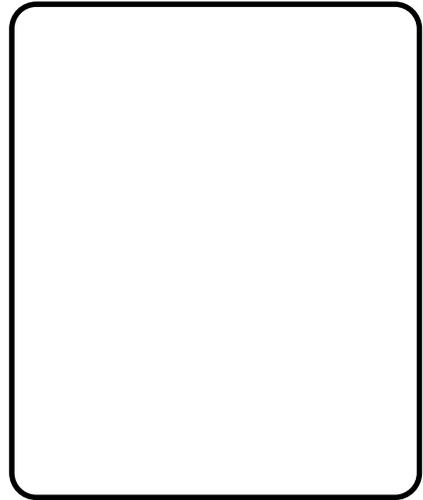
*My Face Looks Like*



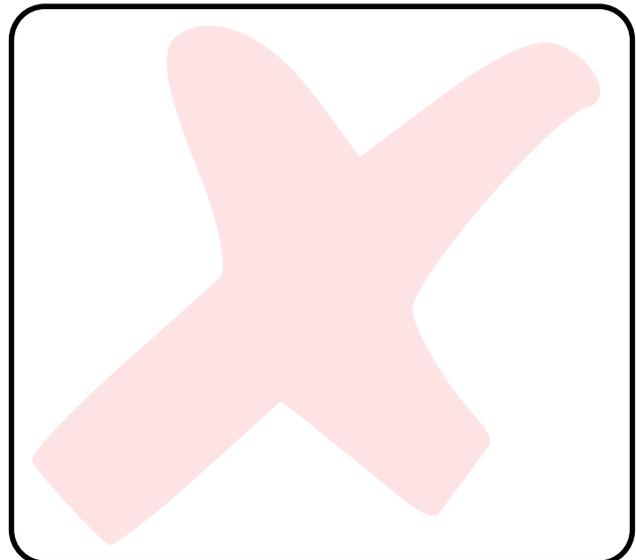
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL HURT?



# INDIFFERENT

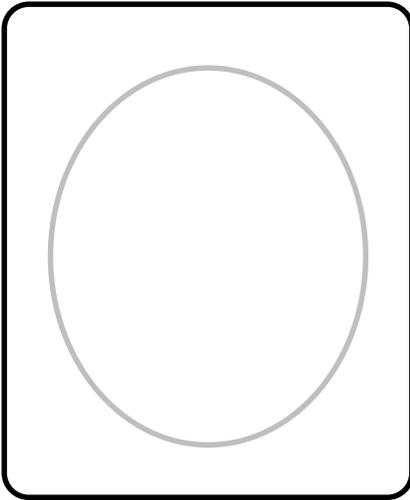


Feeling Indifferent Means:

Not interested in or concerned about something

## WHEN I AM FEELING INDIFFERENT:

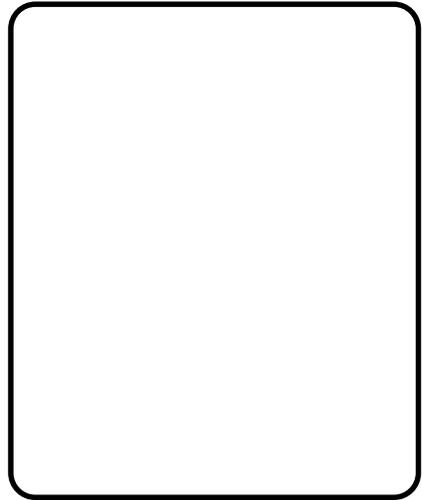
My Face Looks Like



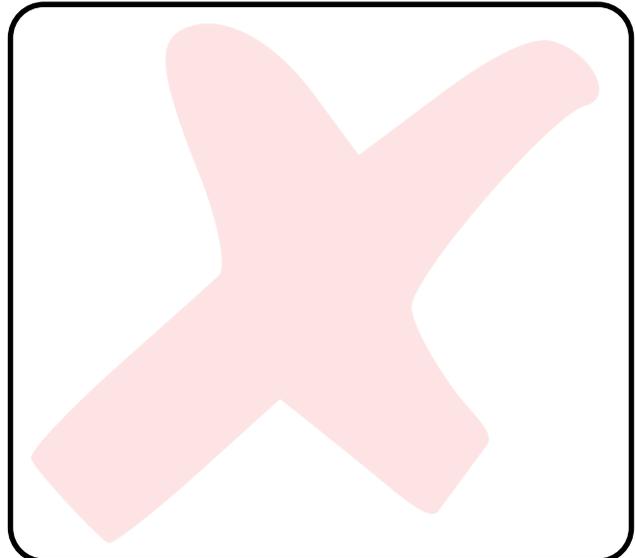
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL INDIFFERENT?



# JEALOUS

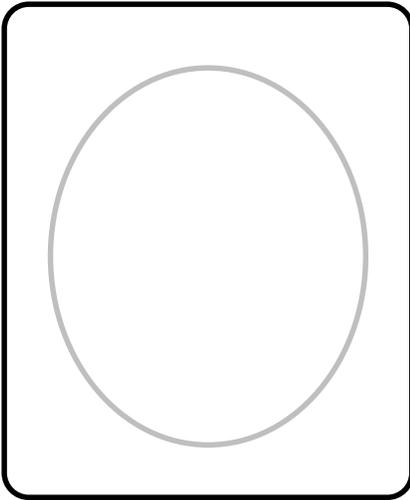


Feeling Jealous Means:

*Feeling or showing jealousy: feeling or showing an unhappy or angry desire to have what someone else has*

## WHEN I AM FEELING JEALOUS:

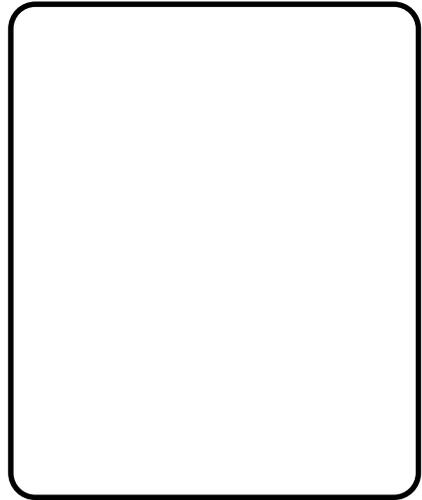
My Face Looks Like



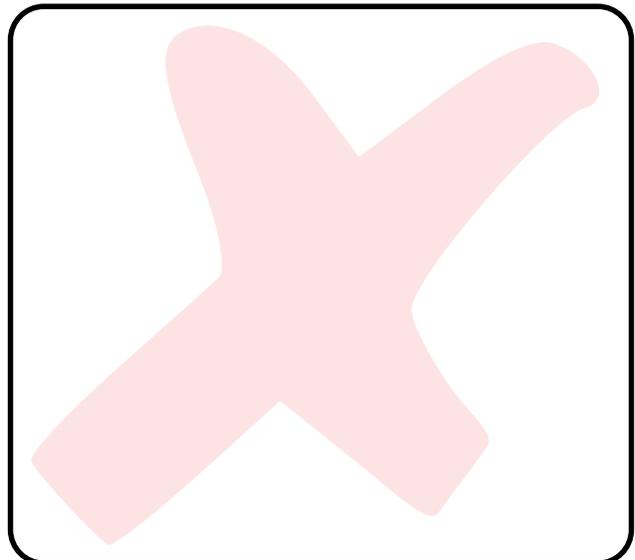
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL JEALOUS?



# JOYFUL

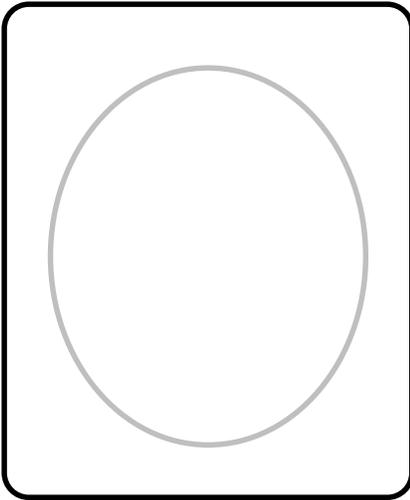


Feeling Joyful Means:

*Feeling, causing, or showing great happiness: full of joy*

## WHEN I AM FEELING JOYFUL:

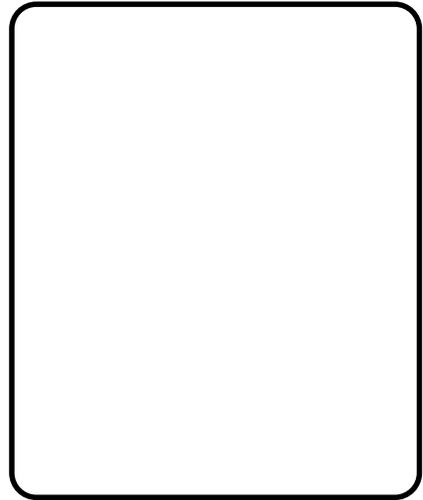
My Face Looks Like



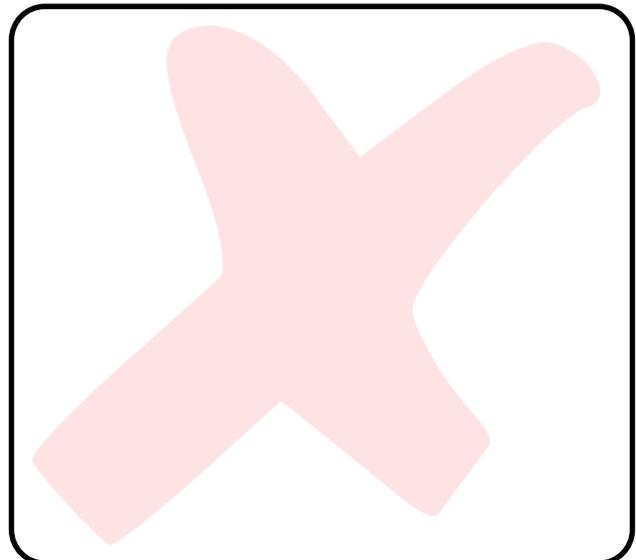
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL JOYFUL?



# LONELY

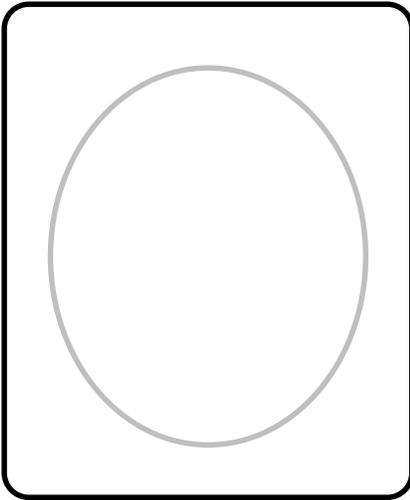


Feeling Lonely Means:

*Sad from being apart from other people*

## WHEN I AM FEELING LONELY:

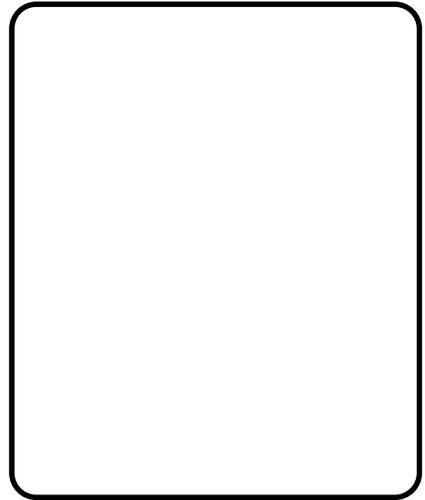
*My Face Looks Like*



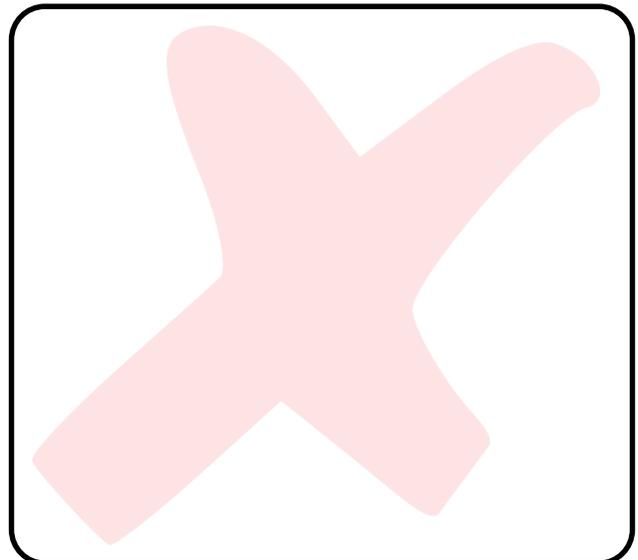
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL LONELY?



# LOVED

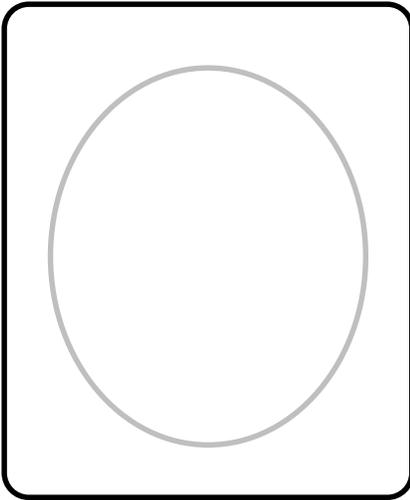


Feeling Loved Means:

To feel as if someone loves you (has great affection for you)

## WHEN I AM FEELING LOVED:

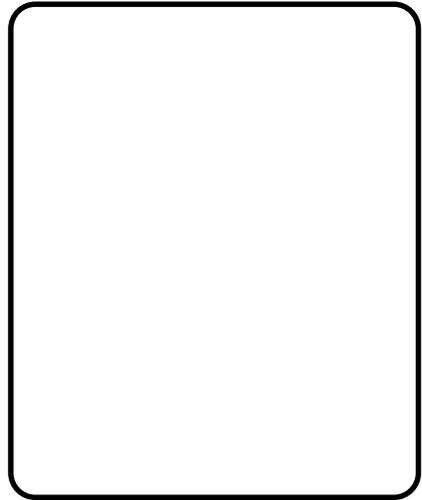
My Face Looks Like



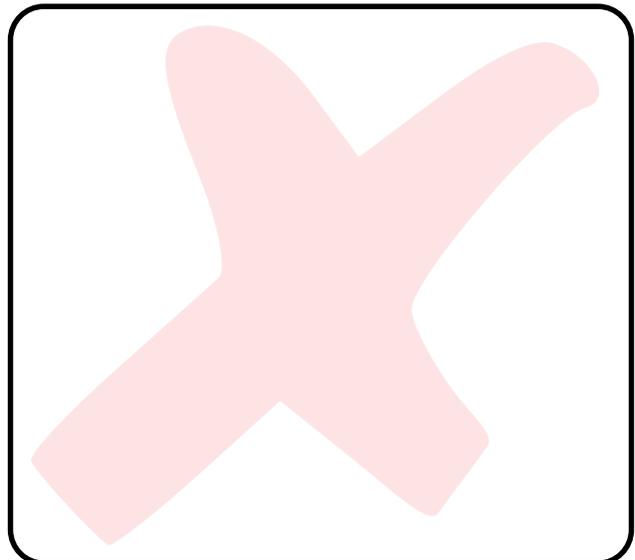
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL LOVED?



# Miserable

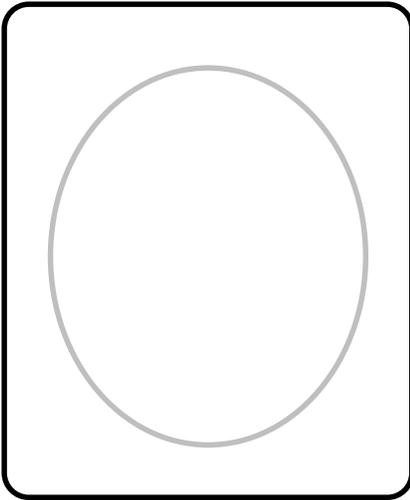


Feeling Miserable Means:

*Very unhappy*

## WHEN I AM FEELING MISERABLE:

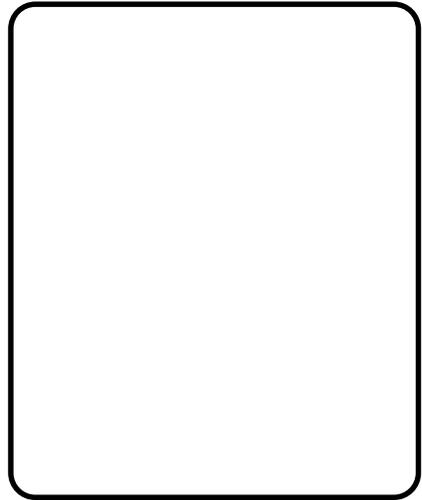
*My Face Looks Like*



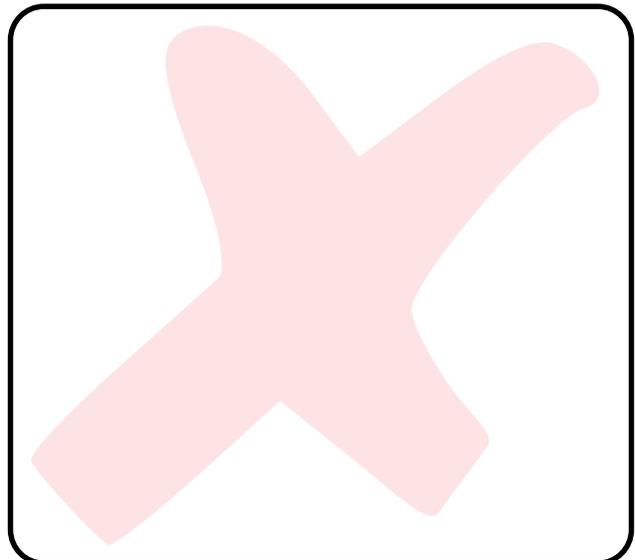
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL MISERABLE?



# NEGATIVE

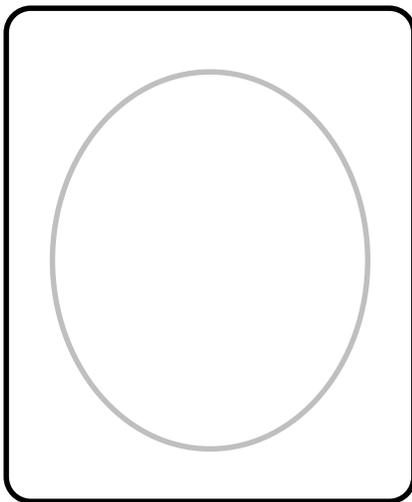


Feeling Negative Means:

Thinking about the bad qualities of someone or something: thinking that a bad result will happen: not hopeful or optimistic

## WHEN I AM FEELING NEGATIVE:

My Face Looks Like



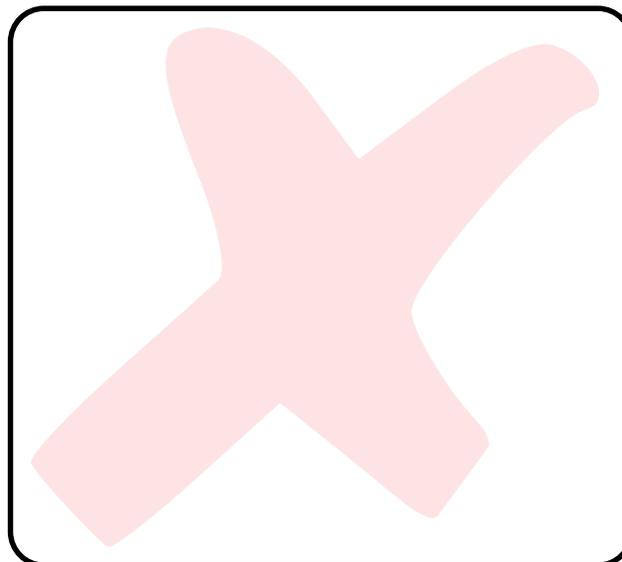
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL NEGATIVE?



# OPTiMISTIC

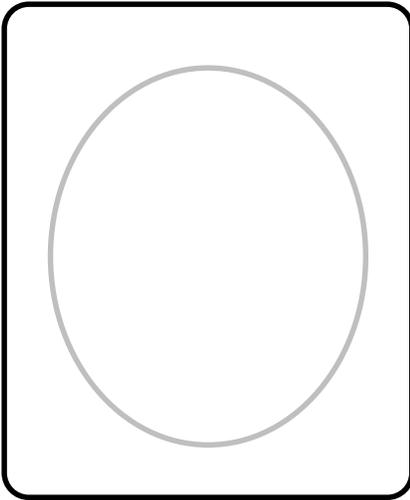


Feeling Optimistic Means:

*Having or showing hope for the future: expecting good things to happen*

## WHEN I AM FEELING OPTiMISTIC:

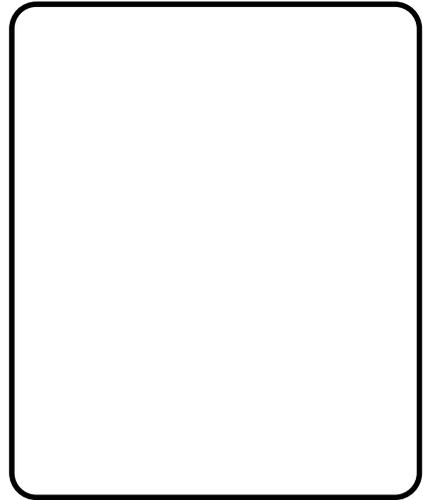
My Face Looks Like



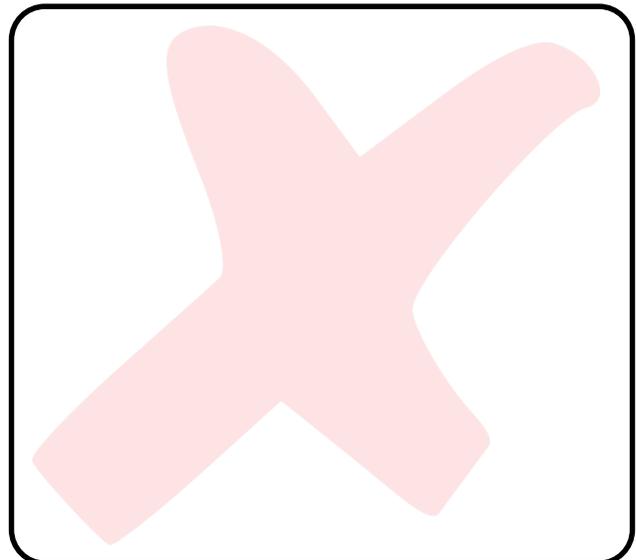
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL OPTiMISTIC?



# OVERWHELMED

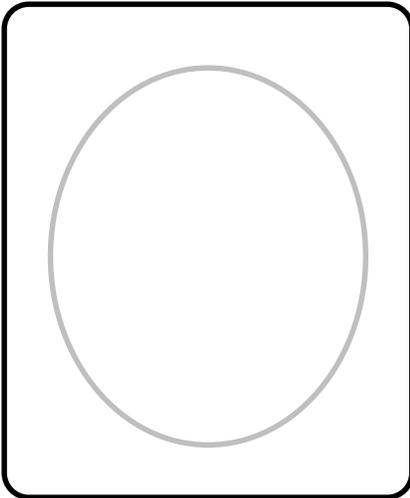


Feeling Overwhelmed Means:

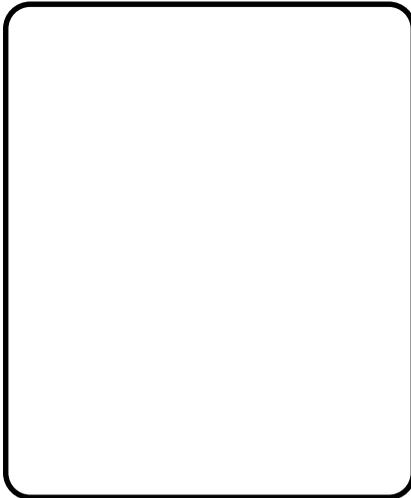
*Having too many things to deal with*

## WHEN I AM FEELING OVERWHELMED:

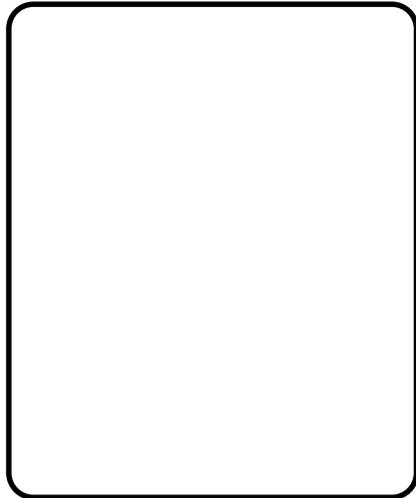
*My Face Looks Like*



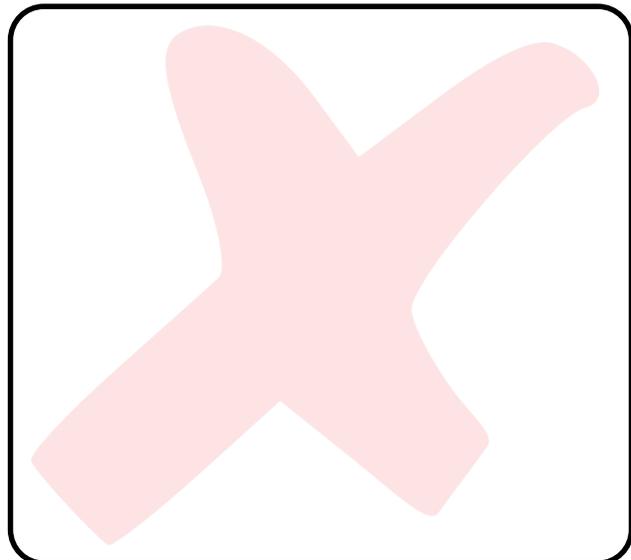
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL OVERWHELMED?



# PEACEFUL

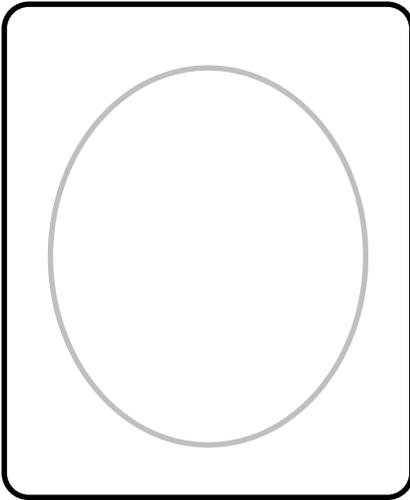


Feeling **Peaceful** Means:

Quiet and calm: without noise, excitement, etc.

## WHEN I AM FEELING PEACEFUL:

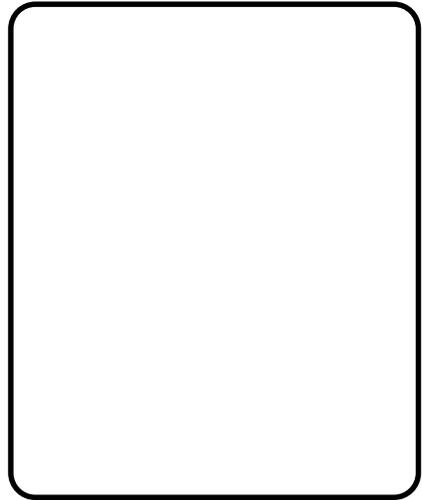
My Face Looks Like



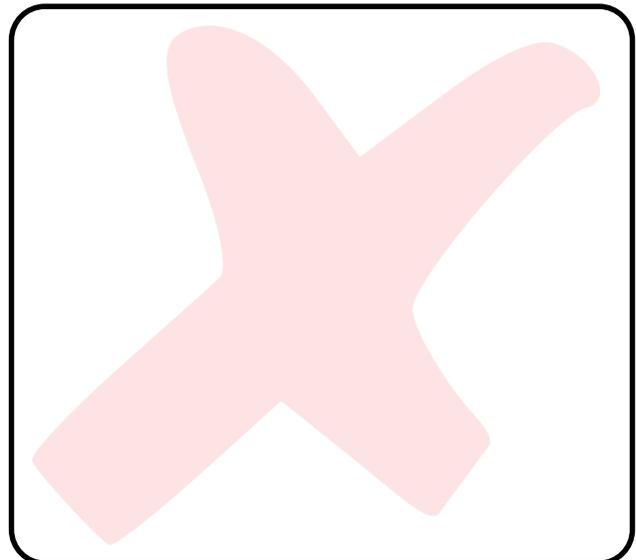
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL PEACEFUL?



# PERPLEXED

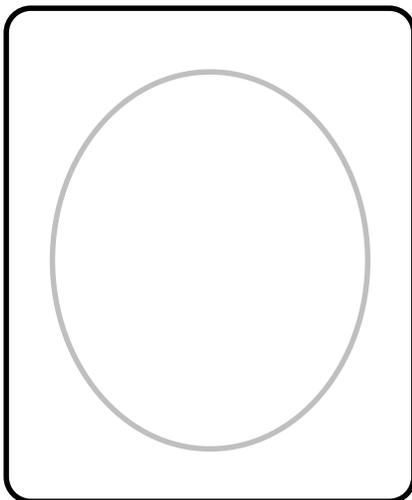


Feeling Perplexed Means:

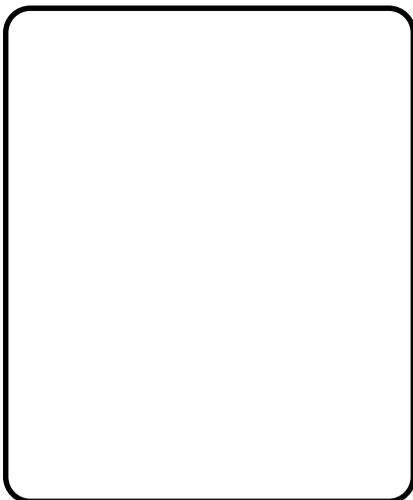
Unable to understand something clearly or to think clearly: confused

## WHEN I AM FEELING PERPLEXED:

My Face Looks Like



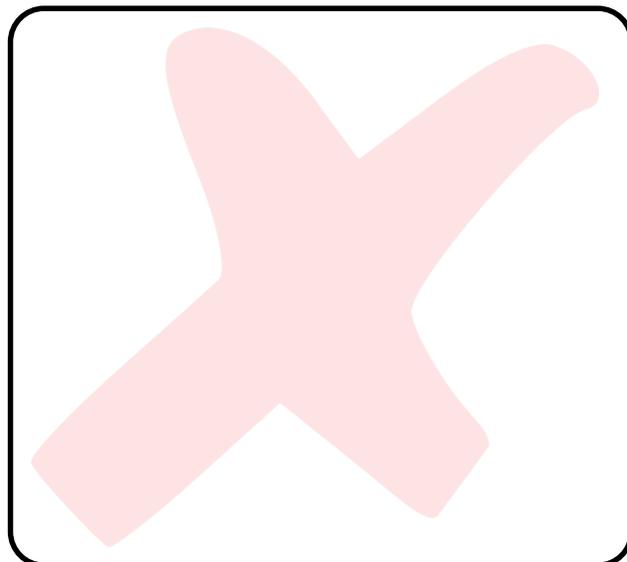
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL PERPLEXED?



# PROUD

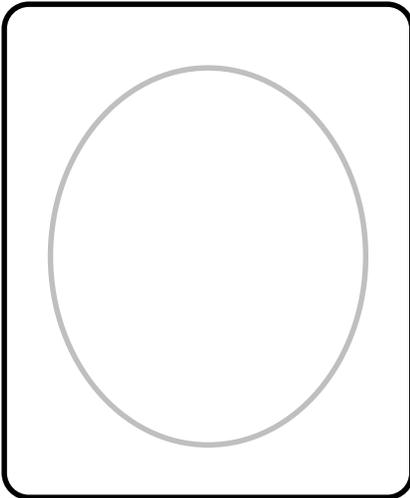


## Feeling Proud Means:

Very happy and pleased because of something you have done, something you own, someone you know or are related to, etc.: feeling pride

## WHEN I AM FEELING PROUD

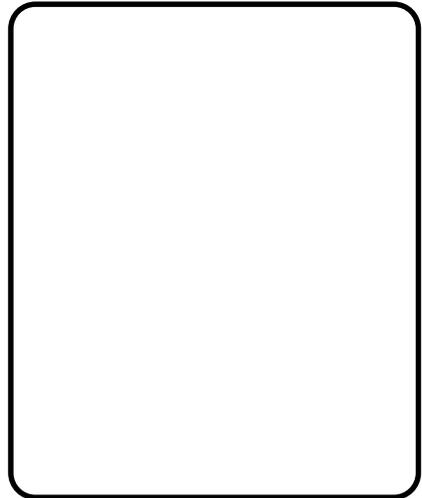
My Face Looks Like



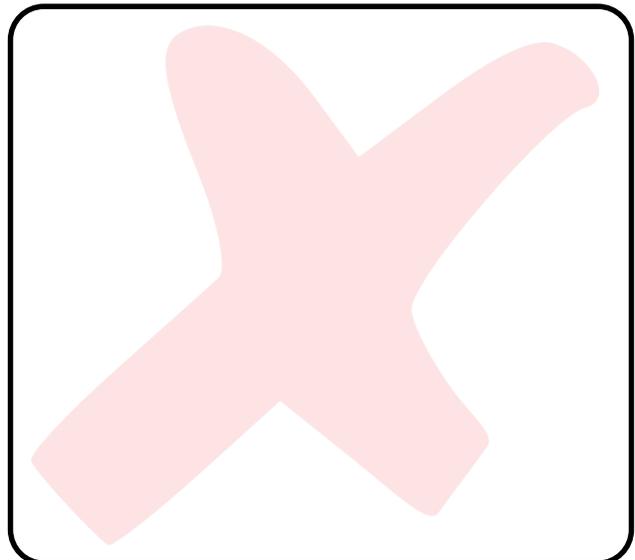
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL PROUD?



# REGRETFUL

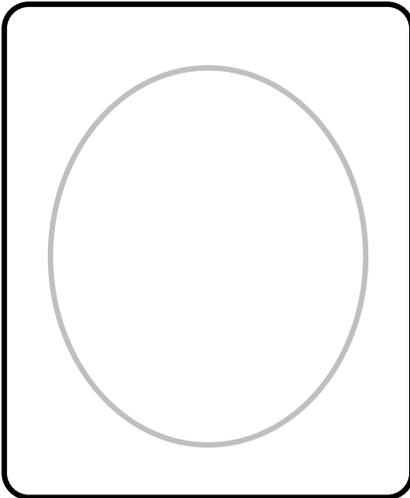


Feeling Regretful Means:

Feeling or showing regret: sad or disappointed

## WHEN I AM FEELING REGRETFUL:

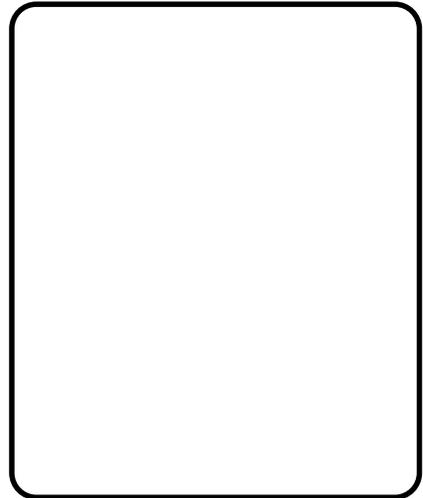
My Face Looks Like



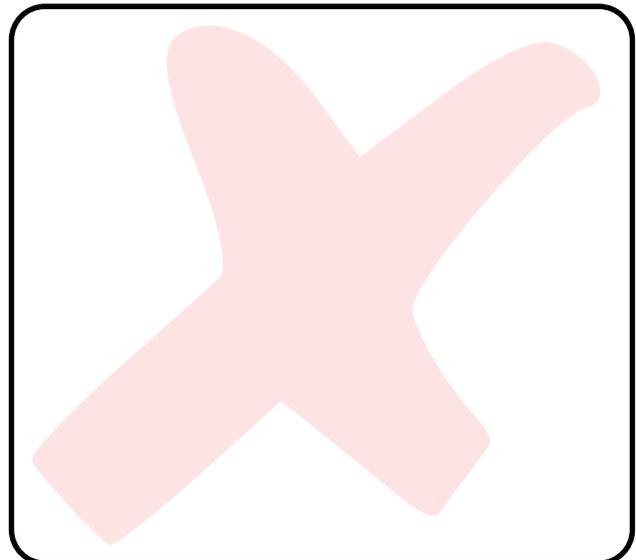
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL REGRETFUL?



# reLieved

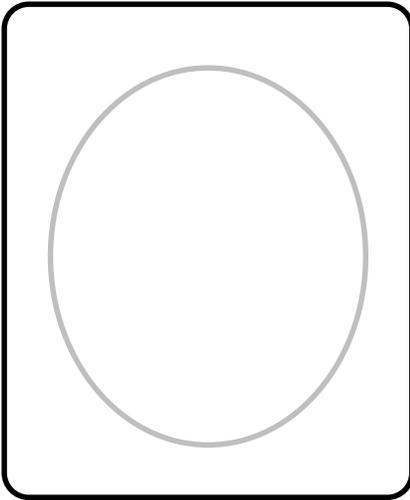


Feeling Relieved Means:

*Relaxed and happy because something difficult or unpleasant has been stopped, avoided, or made easier*

## WHEN I AM FEELING reLieved:

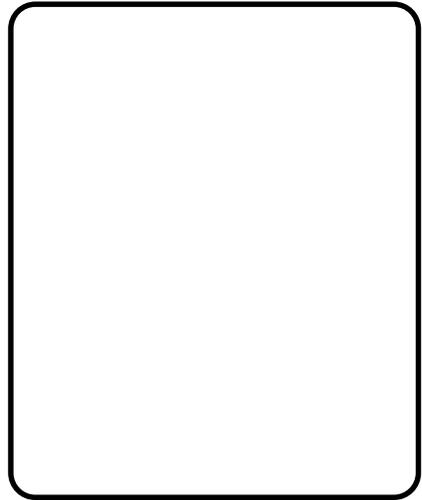
My Face Looks Like



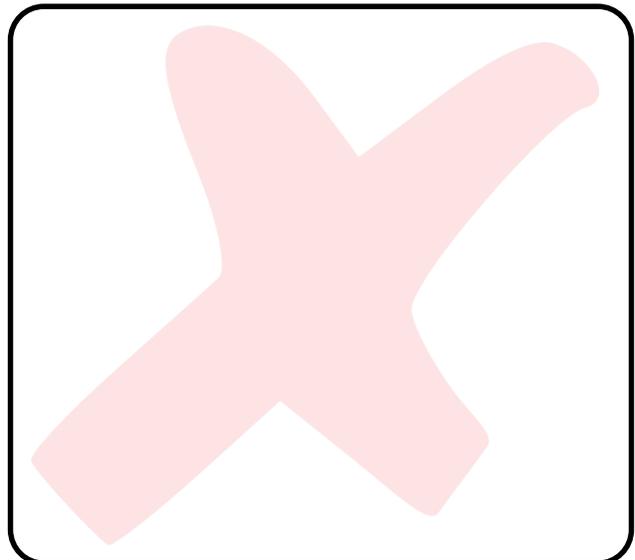
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL reLieved?



# SAD

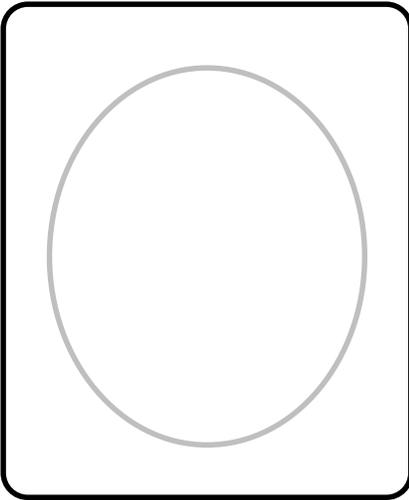


Feeling Sad Means:

*Not happy: feeling or showing grief or unhappiness*

## WHEN I AM FEELING SAD:

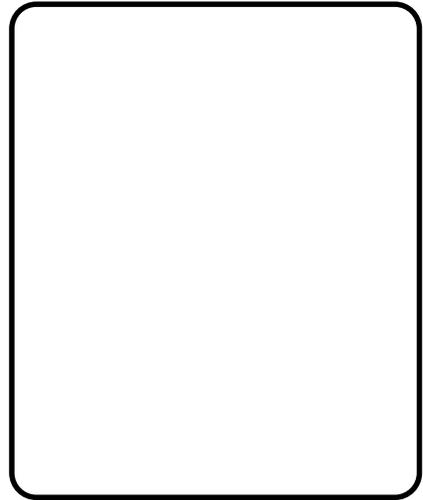
My Face Looks Like



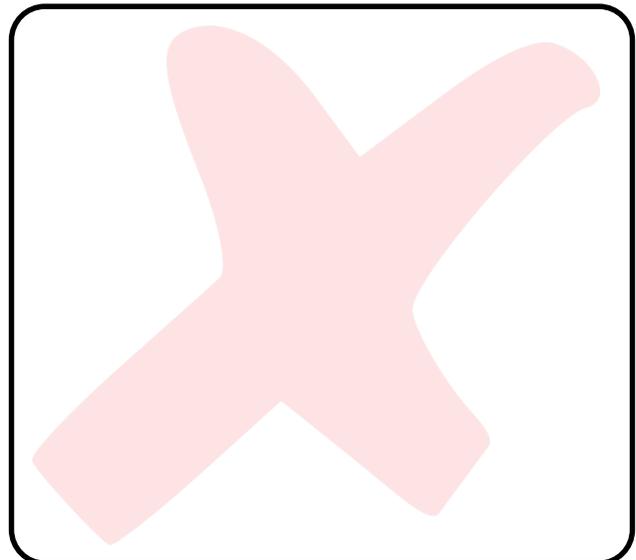
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SAD?



# SCARED

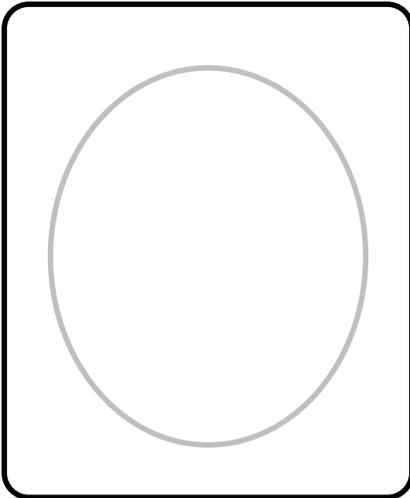


Feeling Scared Means:

*Afraid of something: nervous or frightened*

## WHEN I AM FEELING SCARED

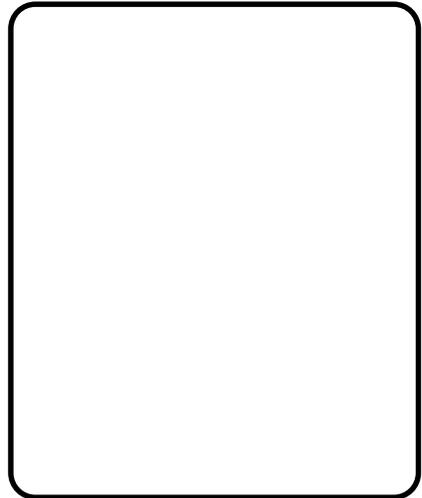
My Face Looks Like



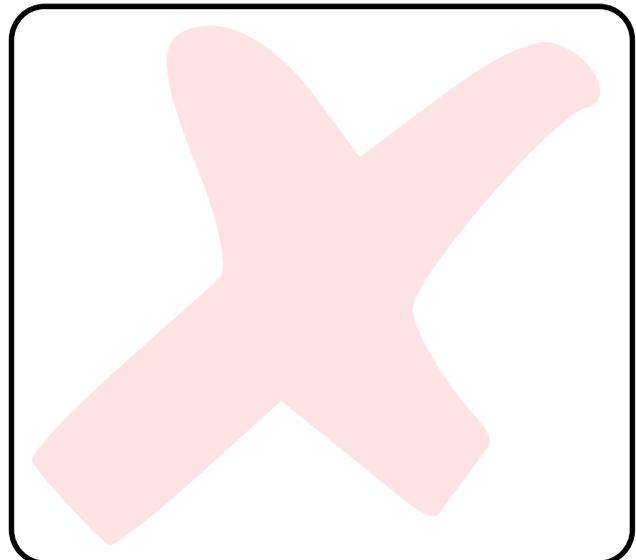
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SCARED?



# SHOCKED

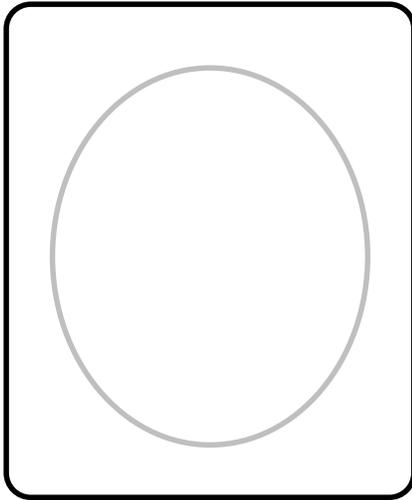


Feeling Shocked Means:

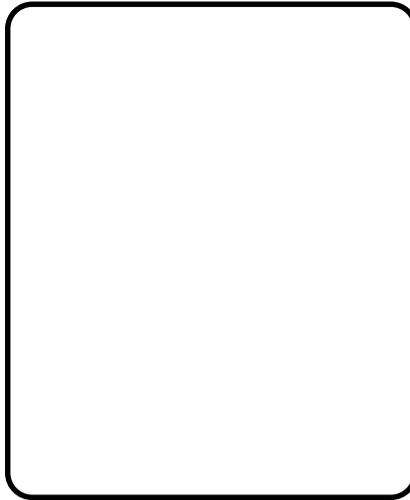
*Surprised and usually upset*

## WHEN I AM FEELING SHOCKED:

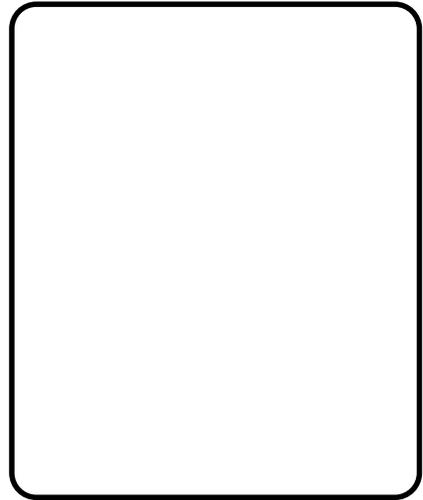
My Face Looks Like



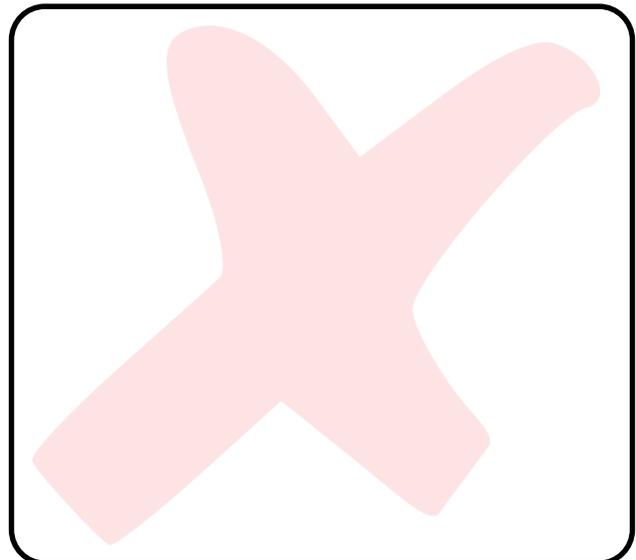
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SHOCKED?



# SHY

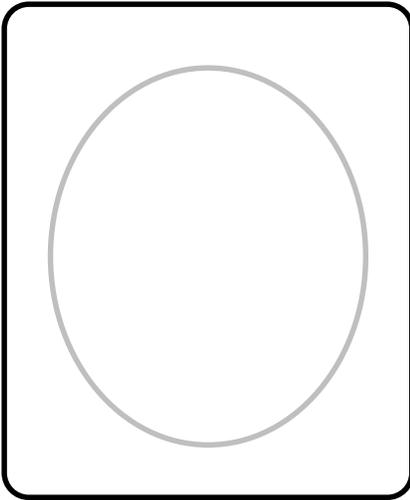


Feeling Shy Means:

*Feeling nervous and uncomfortable about meeting and talking to people*

## WHEN I AM FEELING SHY:

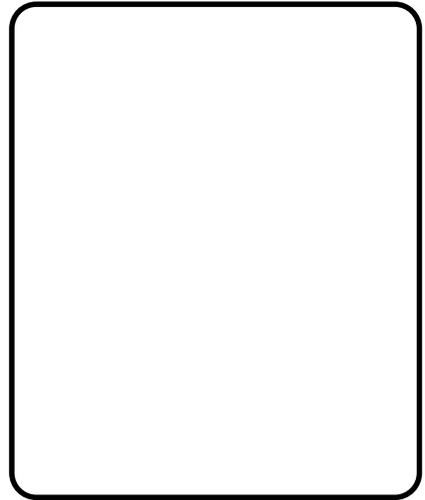
My Face Looks Like



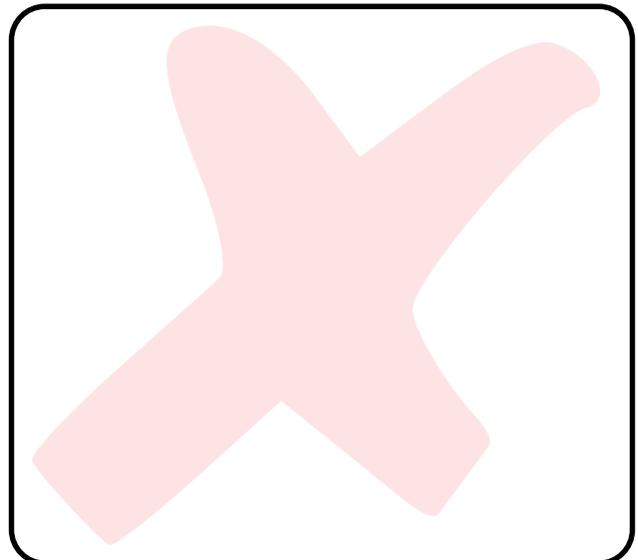
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SHY?



# SILLY

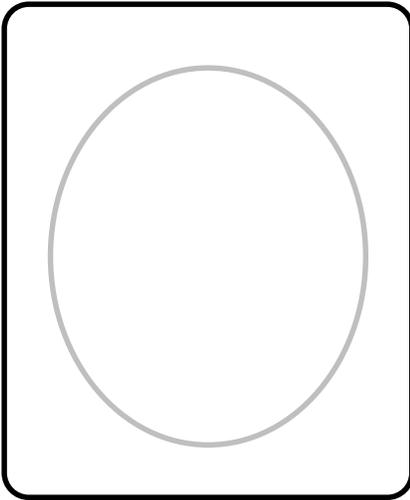


Feeling Silly Means:

*Zany, wacky, goofy, comical or amusing; lacking seriousness*

## WHEN I AM FEELING SILLY:

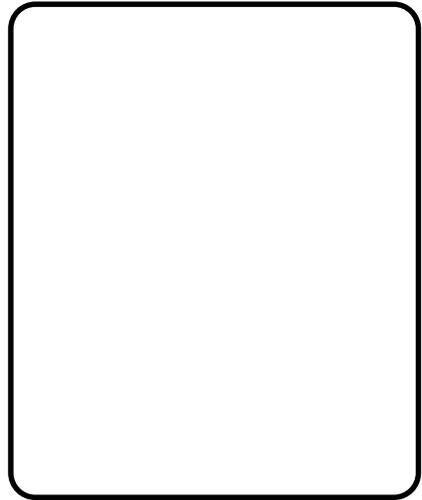
My Face Looks Like



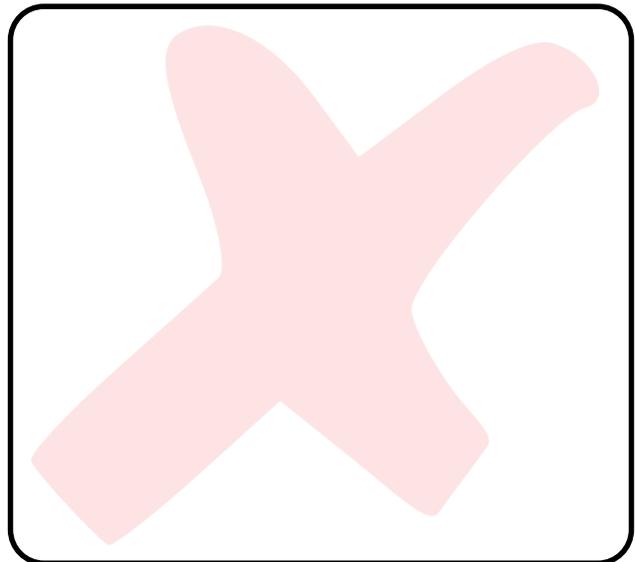
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SILLY?



# SURPRISED

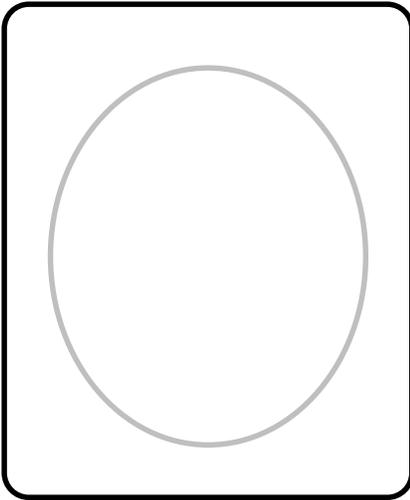


Feeling Surprised Means:

*Having or showing the feeling that people get when something unexpected or unusual happens*

## WHEN I AM FEELING SURPRISED

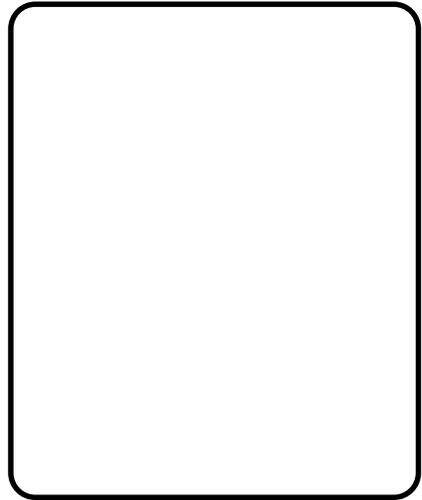
My Face Looks Like



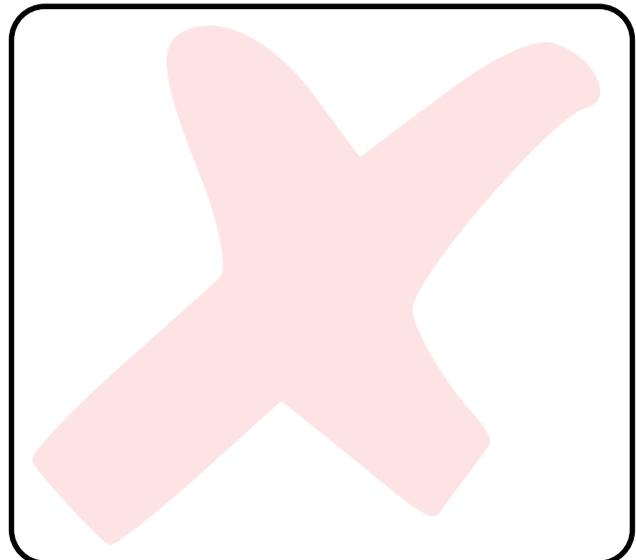
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SURPRISED?



# SUSPICIOUS

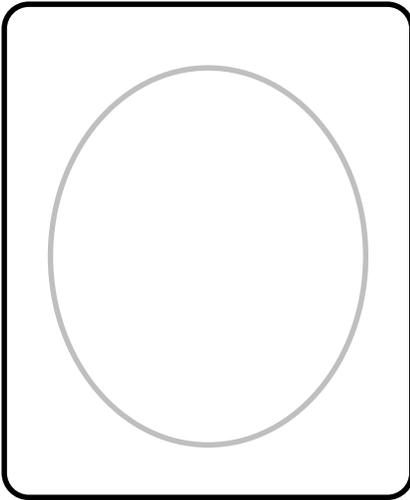


Feeling Suspicious Means:

*A feeling that something is wrong or that someone is behaving wrongly*

## WHEN I AM FEELING SUSPICIOUS:

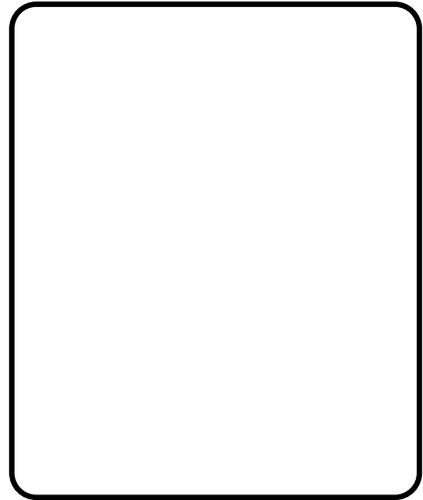
My Face Looks Like



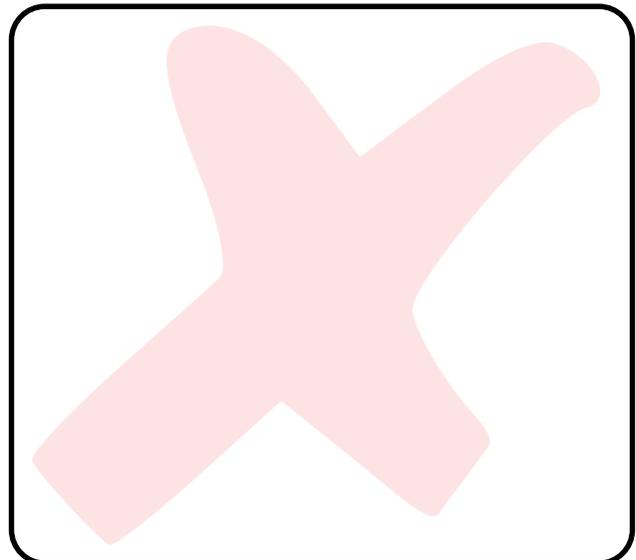
My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL SUSPICIOUS?



# THOUGHTFUL

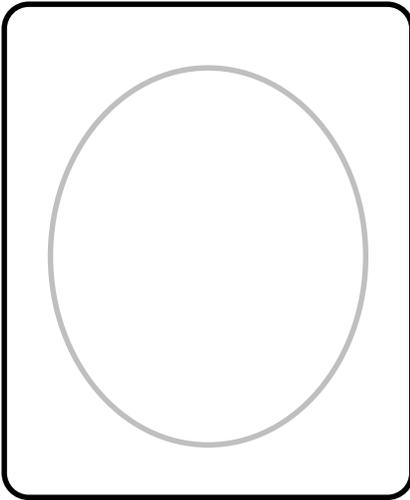


Feeling Thoughtful Means:

*Serious and quiet because you are thinking*

## WHEN I AM FEELING THOUGHTFUL:

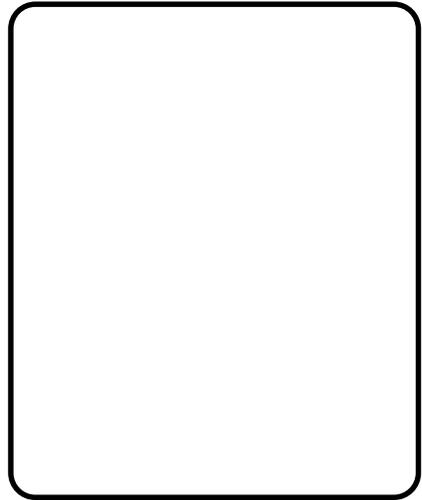
*My Face Looks Like*



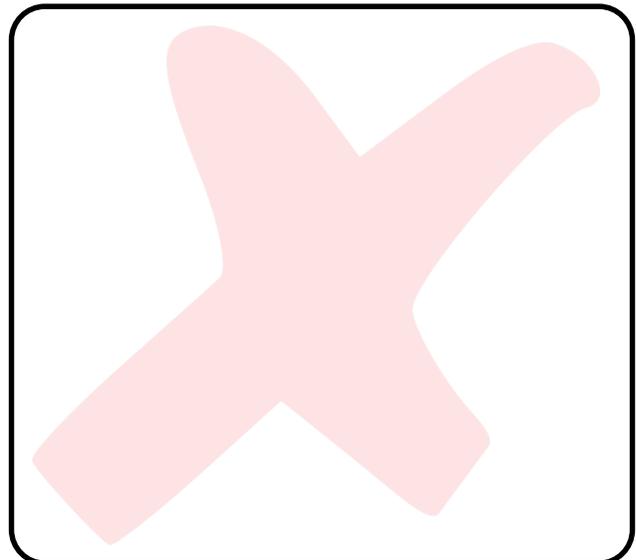
*My Body Looks Like*



*My Insides Feel Like*



## WHAT MAKES ME FEEL THOUGHTFUL?



# WITHDRAWN

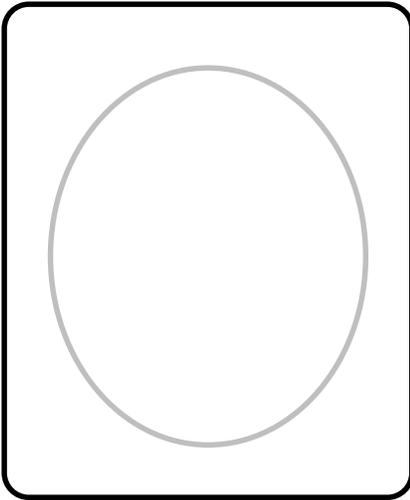


Feeling **Withdrawn** Means:

Very quiet and usually shy: not talking much to other people

## WHEN I AM FEELING **WITHDRAWN**:

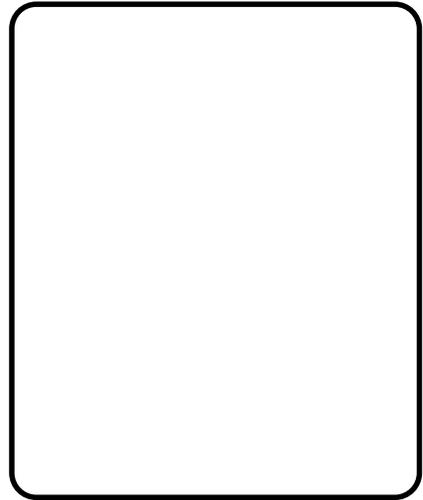
My Face Looks Like



My Body Looks Like



My Insides Feel Like



## WHAT MAKES ME FEEL **WITHDRAWN**?

