

Worksheet 6

Thinking About Your Feelings

	As a result of your personal situation, which of these feelings did you experience?	When did you feel this way?
Frustration		
Worthlessness		
Loneliness		
Anger		
Depression		
Hate		
Fear		
Resentment		
Happiness		
Anxiety		
Guilt		
Love		
Sadness		
Relief		
Others:		