I think this person is feeling [—], or [—]. I feel like that when I [—].

Anger is a feeling we can get when we think someone has done something wrong or bad. We feel that we have to punish or stop them. It makes our heart beat faster and we feel like punching the wall.

When I’m angry I feel better when I [—].
The Power to Control Fear

I think this person is feeling ________________
or ________________.

I feel that way when I ________________
______________________________
______________________________

We feel fear when something scares or threatens us. We can either attack the cause or run away from it to feel safe.

When I feel fear, I feel better when I ______
______________________________
______________________________

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