



EMOTIONAL SQUARES

In each square write what you do when you experience the emotion listed. Include both productive and destructive behavior.

Aggravated?		
Angry?		
Depressed?		
Content?		
Scared?		
Worried?		
Happy?		
Energized?		

Do you have more positives or negatives listed? Having someone you trust to talk to when you are feeling out of sorts helps you avoid negative behaviors and consequences.