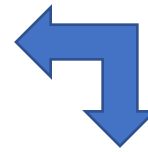


Identifying Components of Emotion

Instructions: Choose a situation that triggered difficult emotions and identify the components of that emotion. You can refer to the sample worksheet in Part 3 for examples. Print out as many pages as you need.

Thoughts

Situation Description: _____



Feelings



Behaviors

