

# Feelings and emotions worksheets for adults pdf

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Activity This image shows six of the main emotions: fear, anger, disgust, sadness. The emotions listed in this worksheet range from basic (e.g., happiness, sadness) to complex (e.g., inadequate, disdain). Facial expressions are hard-wired aspects of emotions. Support clients in helping them express their inner thoughts and feelings with our feelings worksheet. Feel easier. How to cope with them. Emotions communicate to (and influence) others. Index of contents 4, · Learning Objectives. Worksheets: feelings, emotions and moods pdf exercises and handouts to print. People are pretty bad at identifying their true feelings. It can be helpful to have one of these worksheets handy when you're working with clients who have difficulty verbalizing how they feel. Instead, when asked about emotions, they'll describe physical symptoms, or talk about behavior. Emotions can be especially important when we don't have time to think things through. Facial expressions communicate faster than words. The emotions listed in this worksheet range from basic (e.g., happiness, sadness) to complex (e.g., inadequate, disdain). Let them choose from a list so they can better express themselves, and teach some new cognizing your feelings. Recognising your feelings is the first step towards understanding them and learn. To increase awareness of emotions and identify times when they were felt. It can be helpful to have one of these worksheets. The Basic Emotions handout lists four basic emotions that are commonly discussed in therapy—happiness, sadness, fear, and anger—alongside their related complex feelings. Worksheets. English vocabulary exercises elementary and intermediate level esl. It might feel difficult to recognise your feelings at first, but with time and practice, it. Individuals with alexithymia experience emotions, but have a hard time expressing and naming them. Strong emotions help us overcome obstacles—in our minds and in the environment. Elevate your therapy sessions, and help clients worksheet. When asked about our feelings, most people will usually say they feel: bad, sad, mad, good, or underneath “good, bad, sad, mad, or ne” are many words that better describe how we feel. To identify need for emotional development. Alexithymia—difficulty recognizing and verbalizing emotions—is a trait possessed by about 8% of males and 2% of females.

 Difficulté Moyen

 Durée 243 heure(s)

 Catégories Vêtement & Accessoire, Décoration, Mobilier, Maison, Robotique

 Coût 37 EUR (€)

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Étape 1 -

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