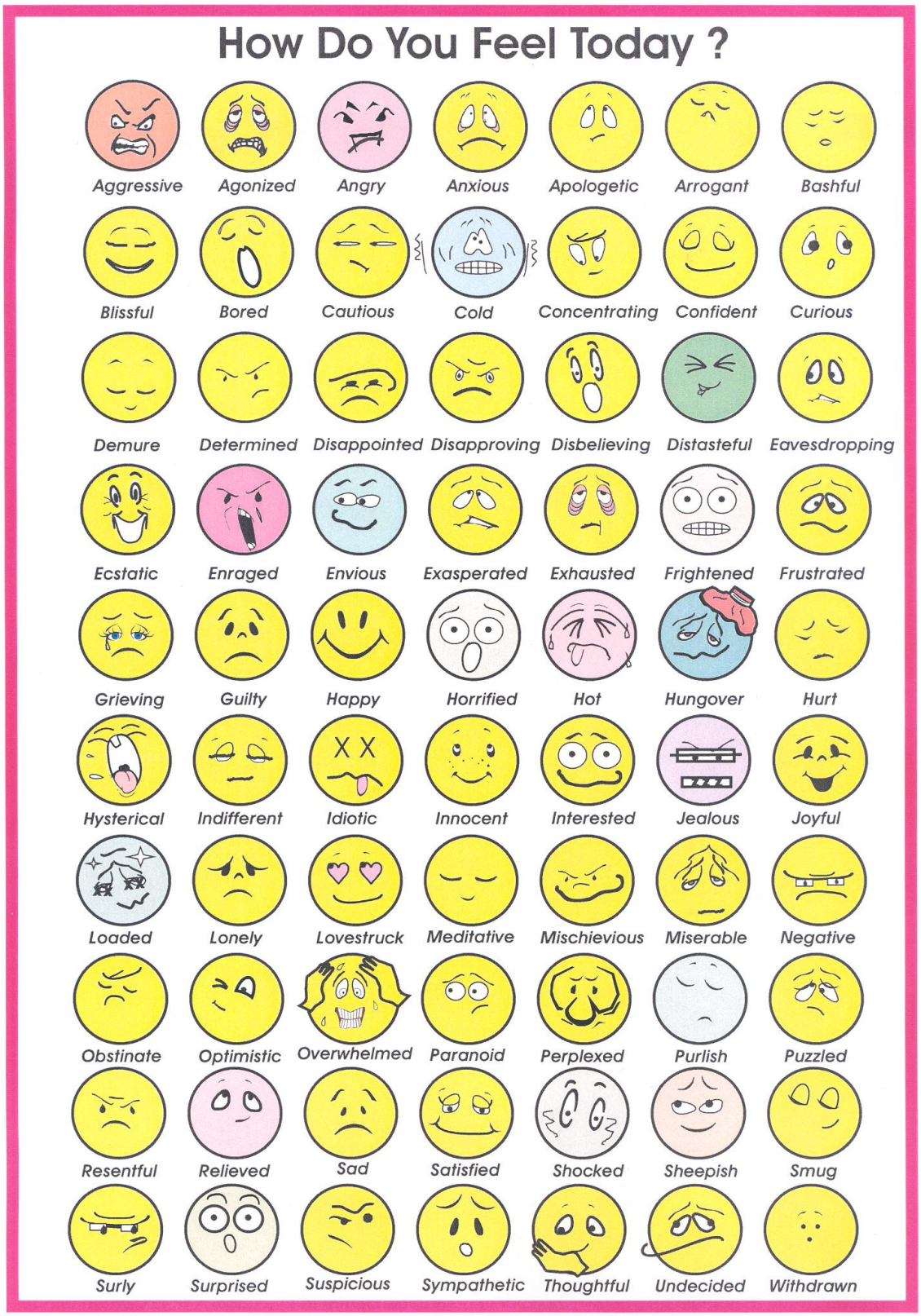
How Do You Feel Today ?
Aggressive
Agonized
Angry
Anxious
Apologetic
Arrogant
Bashful
Blissful
Bored
Cautious
Cold
Concentrating
Confident
Curious
Demure
Determined
Disappointed
Disapproving
Disbelieving
Distasteful
Eavesdropping
Ecstatic
Enraged
Envious
Exasperated
Exhausted
Frightened
Frustrated
Grieving
Guilty
Happy
Horrified
Hot
Hungover
Hurt
Hysterical
Indifferent
Idiotic
Innocent
Interested
Jealous
Joyful
Loaded
Lonely
Lovestruck
Meditative
Mischievious
Miserable
Negative
Obstinate
Optimistic
Overwhelmed
Paranoid
Perplexed
Purlish
Puzzled
Resentful
Relieved
Sad
Satisfied
Shocked
Sheepish
Smug
Surly
Surprised
Suspicious
Sympathetic
Thoughtful
Undecided
Withdrawn
Prepared by The National Institute of Corrections

## Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
2. Decide what happened to make you feel that way
3. Decide what you could call the feeling

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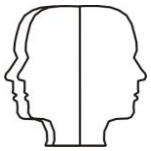
**Name:** _____ **Date:** _____



# Homework Sheet: Lesson 5

***Fill in first three sections before leaving the session.***

**Skill to practice:**

**Anticipated Situation:**

**With Whom?** _____

**When?** _____

**Where?** _____

**Steps to follow (Write down each step of the social skill):**

| | |
|---|---|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

***Fill in after doing your homework.***

**Describe Your Actions (What you specifically did to follow each step of the skill):**

| | |
|---|---|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

(Continued on Next Page)

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? *(Circle one)*

*Excellent* *Good* *Fair* *Poor*

3. *What is another situation in which you could use this skill?*