

## GETTING TO KNOW YOUR EMOTIONS

Emotion	Body responses (physical sensations, body language, facial expressions)	Thoughts (including memories, images, and judgments)	Urges (what you feel like doing when you experience the emotion)	Behaviors (what you actually do when feeling the emotion)	Consequences (impact or effect of the behavior, such as self-judgments)
Anger					
Happiness					
Sadness					
Fear					

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Love					
Shame or guilt					
Other:					
Other:					