



WORKSHEET

MY EMOTIONAL DIARY

Student name:	_____
Date:	_____

INSTRUCTIONS:

Read the 3 diaries below carefully. For each one, identify and write down the emotions you think the person is feeling. Try to find more emotions for each situation.

DIARY 1:

"Today I saw my math grades. All my classmates got higher grades than me. I feel like I'm not smart enough. Maybe I should quit..."

What emotions do you identify?

1. _____
2. _____
3. _____

DIARY 2:

"My best friend betrayed me. He said things about me behind my back and I found out from someone else. It hurts so much. I don't know if I can ever forgive him..."

What emotions do you identify?

1. _____
2. _____
3. _____

DIARY 3:

"I won the poetry contest! I'm so happy! But I can see that Maria is sad that she didn't win. I'm happy, but at the same time I feel a little guilty..."

What emotions do you identify?

1. _____
2. _____
3. _____

PERSONAL REFLECTION

1. Which of these situations do you find the most emotionally difficult? Why?

2. Have you ever experienced similar emotions? Briefly describe:

3. What advice would you give to the person in Diary 1?
