

# **FEELINGS**

Christine M. Lowenstein  
Mediation Center of Eastern North Carolina

**The objective to this worksheet is to help identify specific feelings during certain times and in certain situations.**

Explain how you might feel in the following situations:

**Situation**

**I feel:**

1. When I'm excluded from a group:

2. When someone calls me a bad name:

3. When someone takes something that belongs to me:

4. When someone threatens to hurt me:

5. When someone pushes/hits me:

6. When someone makes comments about how I look, sound, or what I wear: