



TOUGH
TIMES
TAKEAWAY

EMOTION WORDS

Describe how I am feeling...

Insecure Optimistic Withdrawn
Sensitive Isolated Jealous Disappointed
Frightened Peaceful Black Vulnerable
Regretful Confused Bitter Worried Panic
Guilty Empty Worthless
Suspicious Energetic Overwhelmed Anxious
Nothing Heartbroken Aggressive
Shocked Inadequate Lonely Alienated
Fierce Humiliated Playful Proud Quiet
Timid Rejected Respected Abandoned
Hopeless Hopeful Scared Unhappy
Despair Ignored Restless Indifferent Shaky
Burning Cold



EXTRA RESOURCES

Calm Harm App

Papyrus 10am - 10pm
42nd Street

Kooth.com

Moodgym.com.au

Samaritans



Look up how to
make an emotional
First Aid Kit!



WHAT NOW?

What makes me laugh?

What am I proud of?

Scribble Space...

What can I do when I leave?

My coping options...

