

Adolescents feelings worksheet

What is the theory behind this Adolescents feelings worksheet?

At the tender age of adolescence, individuals get to experience numerous varying feelings and emotions due to biological, psychological and social reasons. Since these changes are sudden and novel, young individuals find it very difficult to manage them. This leads to many mental health problems. Emotional awareness helps them know about their wants and needs. That is important to tackle challenges of daily life.

How will the worksheet help?

This worksheet will provide insight into the younger client's feelings and emotions. Being aware and able to identify the feelings behind their emotions will help them in communicating about them and resolving conflicts better, and managing difficult feelings more efficiently.

How to use this worksheet?

To use this worksheet, the clients are required to focus in a distraction free relaxed space. Write responses in their designated areas and use them as a day-to-day reminder

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Make a list of names of different feelings below in 60 secs.

Associate one emotion to each feeling it leads to

Mark (✓) on the feelings and emotions you have experienced in the past couple of months

Reference

[Haynes, L. A., & Avery, A. W. \(1979\). Training adolescents in self-disclosure and empathy skills. *Journal of Counseling Psychology*, 26\(6\), 526–530. https://doi.org/10.1037/0022-0167.26.6.526](https://doi.org/10.1037/0022-0167.26.6.526)

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