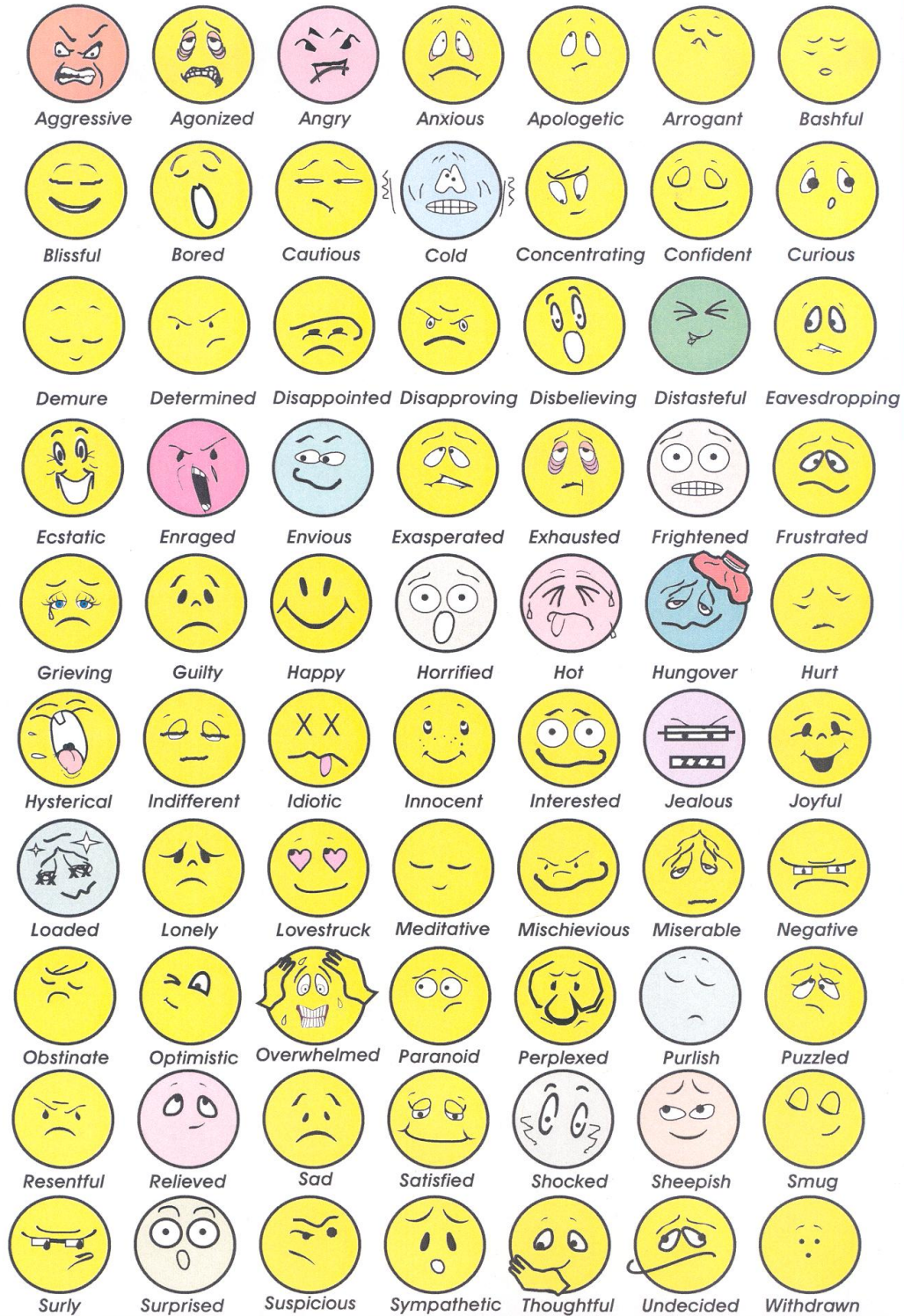


How Do You Feel Today ?



Prepared by The National Institute of Corrections

Knowing Your Feelings

1. Tune in to what is going on in your body that helps you know what you are feeling
2. Decide what happened to make you feel that way
3. Decide what you could call the feeling



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6

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6

Name: _____ Date: _____



Homework Sheet: Lesson 5

Fill in first three sections before leaving the session.

Skill to practice:

Anticipated Situation:

With Whom? _____

When? _____

Where? _____

Steps to follow (Write down each step of the social skill):

1.	4.
2.	5.
3.	6.

Fill in after doing your homework.

Describe Your Actions (What you specifically did to follow each step of the skill):

1.	4.
2.	5.
3.	6.

(Continued on Next Page)

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? (*Circle one*)

Excellent

Good

Fair

Poor

3. *What is another situation in which you could use this skill?*