

**Figure 1**  
**Sample of a Completed Feelings Chart**

<b>Physical Sign</b>	<b>Emotion</b>	<b>Reason</b>	<b>Coping Strategy</b>
Moving fast, laughing	Happy or excited	A new video game	Stay out of people's way til I settle down
Hunched shoulders	Tense or worried	A math test tomorrow	Have Mom go over the questions with me
Fast speech and clenched teeth	Irritated or annoyed	My sister looked in my drawer	Take a deep breath, then ask her to make a deal about privacy
Lying around, not talking	Sad or down in the dumps	No one asked me to the dance	Say to myself "No one knew I was interested"; Ask one of my friends to go
Red face, rising voice volume	Angry and getting angrier	Somebody ate my Lucky Charms	Punch the punching bag to settle down; then ask Dad to take me to the store to buy my own personal box of cereal