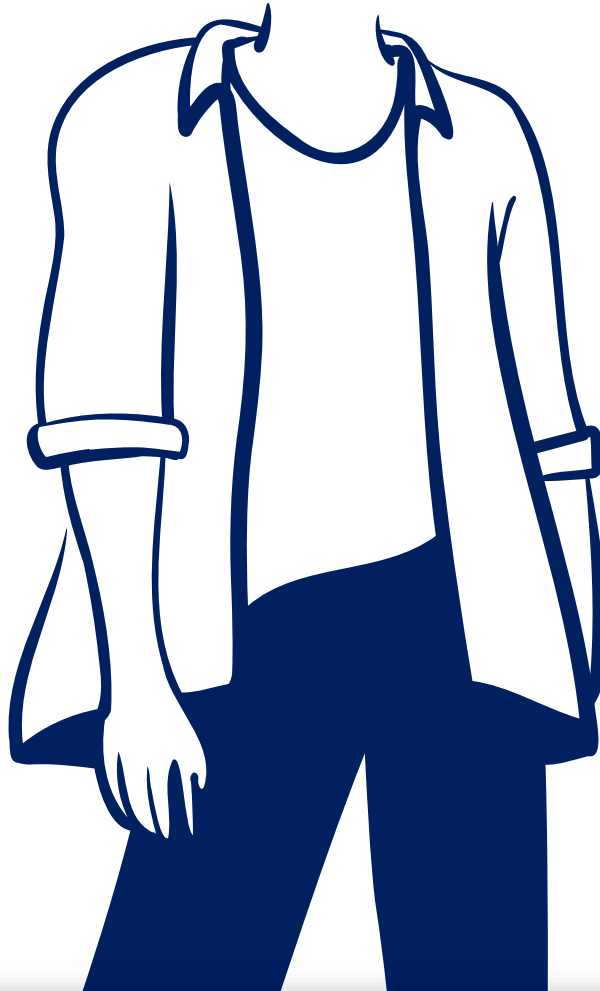




Inside Outside Feelings

Worksheet: What emotions do people see and what do you keep inside?



We all have feelings we are comfortable to show to other people.
Other feelings, we keep inside.

On the outside of the body, write the feelings other people see. On the inside of the body, write the emotions that best describe how you feel but you may be too afraid or hesitant to show to others.

Use this sheet to start conversations with the people you trust.

