MY FEELINGS WORKBOOK

A joint project of...

I AM A CHILD OF DIVORCE

http://IAmAChildOfDivorce.com

...and...

Divorce Ministry 4 KIDS

http://DivorceMinistry4Kids.com

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This book was originally envisioned as a book for children of divorce. Part of the battle every child faces during, and following, the divorce of their parents is dealing with the intense emotions that accompany that time in their lives. Sometimes these represent brand new emotions, and other times they represent known emotions which are felt much more intensely because of the divorce.

In working with children of divorce, a significant step in the healing process lies in teaching kids to recognize and name their emotions. That is the purpose of this book. In reading about, and thinking about, each of the emotions contained in this book, children will begin to recognize what is going on inside and be able to express that to other people. Recognizing these feeling does not equate to closure, but in talking about these feelings, they can find a measure of healing.

Although this workbook was originally envisioned for children of divorce, after developing the book, we realized that this exercise of recognizing and naming emotions could also be useful for children facing other challenges, for younger children learning how to express themselves or dealing with emotional trauma, for teens and even for adults.

**This book is a joint project of:**

At I Am A Child of Divorce, our mission is “To help children of divorce to deal with the effects and consequences of their parents’ divorce by providing hope and healing through a community of committed individuals and other valuable resources.” You can visit our website at [http://iamachildofdivorce.com](http://iamachildofdivorce.com), to find an active community of children of divorce and those who care about them along with dedicated and age appropriate resources for kids, teens and adults.

At Divorce Ministry 4 Kids, our mission is “To honor God by standing up for the child of divorce (including children whose parents were never married and are no longer together) by: 1: teaching people about the effects of divorce on children; 2: equipping those who work with children to serve these kids more effectively; 3: calling the church to serve, support and minister to these children and their families; and 4: serving children of divorce and their families as the hands and feet of Jesus Christ. You can find us at [http://divorceministry4kids.com](http://divorceministry4kids.com).
The Definition:
Definitions taken, or adapted, from the Merriam-Webster Learner’s Dictionary (http://www.learners-dictionary.com)

When I Am Feeling

My Face Looks Like
Draw a picture, or describe, what your face looks like when you are feeling the emotion shown on this page. Make up your own face or use the image above as a guide.

My Body Looks Like
Draw a picture, or describe, what your body might look like when you are feeling the emotion shown on this page. What do your arms and legs look like? How about your hands and feet?

My Insides Feel Like
Draw a picture, or describe, how your insides feel when you are experiencing the emotion shown on this page. Be creative!

What Makes Me Feel?

Make a list, or draw pictures, of things, people, places and events that make you feel the emotion shown on this page. Think about times when you have felt this emotion and list them here, or draw pictures of them.

Make a list, or draw pictures, of things, people, places and events that DO NOT make you feel the emotion shown on this page.

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<tr>
<td>Bored</td>
<td>Confident</td>
<td>Confused</td>
<td>Cool</td>
<td>Determined</td>
</tr>
<tr>
<td>Disappointed</td>
<td>Disbelieving</td>
<td>Discouraged</td>
<td>Disgusted</td>
<td>Enraged</td>
</tr>
<tr>
<td>Envious</td>
<td>Exasperated</td>
<td>Excited</td>
<td>Exhausted</td>
<td>Frightened</td>
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<tr>
<td>Frustrated</td>
<td>Grieving</td>
<td>Guilty</td>
<td>Happy</td>
<td>Hopeful</td>
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EMOTIONS

Horrified  Hurt  Indifferent  Jealous  Joyful
Lonely  Loved  Miserable  Negative  Optimistic
Overwhelmed  Peaceful  Perplexed  Proud  Regretful
Relieved  Sad  Scared  Shocked  Shy
Silly  Surprised  Suspicious  Thoughtful  Withdrawn
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<td>53</td>
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<td>54</td>
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<tr>
<td>Withdrawn</td>
<td>55</td>
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</table>
Feeling **Angry** Means:

Filled with anger: having a strong feeling of being upset or annoyed

**When I am feeling Angry:**

*My Face Looks Like*  
*My Body Looks Like*  
*My Insides Feel Like*

**What makes me feel Angry?**
Feeling **Anxious** Means:

Afraid or nervous especially about what may happen: feeling anxiety

**When I am Feeling Anxious**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What Makes Me Feel Anxious?**

- [ ] Yes
- [X] No
Feeling Apologetic Means:
Feeling or showing regret:
expressing an apology

When I Am Feeling Apologetic

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Apologetic?
Feeling Ashamed Means:
Feeling shame (a feeling of guilt, regret, or sadness out of believing you have done something wrong) or guilt

When I Am Feeling Ashamed:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Ashamed?
**Bashful**

**Feeling Bashful Means:**
Nervous or uncomfortable in social situations: afraid to talk to people because of a lack of confidence

**When I Am Feeling Bashful?**

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<th>My Face Looks Like</th>
<th>My Body Looks Like</th>
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<td><img src="image2" alt="Body" /></td>
<td><img src="image3" alt="Insides" /></td>
</tr>
</tbody>
</table>

**What Makes Me Feel Bashful?**

- ![Check](image4)
- ![X](image5)
Feeling **Bored** Means:

Tired and annoyed by something uninteresting or too familiar

**WHEN I AM FEELING BORED**

<table>
<thead>
<tr>
<th>My Face Looks Like</th>
<th>My Body Looks Like</th>
<th>My Insides Feel Like</th>
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</table>

**WHAT MAKES ME FEEL BORED?**

- [ ]
- [x]
Feeling Confident Means:
Having a feeling or belief that you can do something well or succeed at something: having confidence

When I AM feeling CONFIDENT?

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel CONFIDENT?

[Diagram with checkmark and x symbols]
Feeling **Confused** Means:
Unable to understand or think clearly

**When I Am Feeling Confused**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What Makes Me Feel Confused?**

- ✓
- ✗
Feeling Cool Means:
Able to think and act in a calm way:
not affected by strong feelings

When I AM FEELING COOL:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Cool?

[Check mark]

[X]
Feeling **Determined** Means:

Having a strong feeling you are going to do something and you will not allow anyone or anything to stop you

**WHEN I AM FEELING DETERMINED?**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**WHAT MAKES ME FEEL DETERMINED?**

- [ ]
- [x]

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[http://IAmAChildOfDivorce.com](http://IAmAChildOfDivorce.com)
Feeling **Disappointed** Means:

Feeling sad, unhappy, or displeased because something was not as good as expected or because something you hoped for or expected did not happen.

**When I Am Feeling Disappointed**

*My Face Looks Like*

*My Body Looks Like*

*My Insides Feel Like*

**What Makes Me Feel Disappointed?**
Feeling **Disbelieving** Means:

Not accepting someone or something or regarding it as true

---

**When I AM feeling Disbelieving?**

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<th>My Face Looks Like</th>
<th>My Body Looks Like</th>
<th>My Insides Feel Like</th>
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**What makes me feel Disbelieving?**

- [ ]
- [x]
Feeling **Discouraged** Means:

To be less determined, hopeful, or confident

**My Face Looks Like**

**My Body Looks Like**

**My Insides Feel Like**

**What Makes Me Feel Discouraged?**

[Checkmark]

[X]
Feeling **Disgusted** Means:

Very annoyed or angry about something: feeling or showing disgust

**When I am feeling Disgusted**

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<tr>
<th>My Face Looks Like</th>
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<th>My Insides Feel Like</th>
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</thead>
</table>

**What makes me feel Disgusted?**

[Blank spaces for drawing and checking options]
Feeling **Enraged** Means:

Very angry; filled with rage

**When I am feeling Enraged?**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What makes me feel Enraged?**
Feeling **Envious** Means:
Feeling or showing a desire to have what someone else has: feeling or showing envy

**When I AM feeling Envious**

- My Face Looks Like
- My Body Looks Like
- My Insides Feel Like

**What makes me feel Envious?**
Feeling Exasperated Means:
Very angry or annoyed

When I am feeling Exasperated:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Exasperated?

[Green checkmark]

[Red X]
Feeling **Excited** Means:

Very enthusiastic and eager about something

**WHen I AM feeling Excited**

*My Face Looks Like*  
*My Body Looks Like*  
*My Insides Feel Like*

**WHAT MAKES ME FEEL Excited?**

[Checkmark]  
[Cross]
Feeling **Exhausted** Means:

*Tired out or worn out*

**WHEN I AM FEELING EXHAUSTED?**

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<th>My Face Looks Like</th>
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</table>

**WHAT MAKES ME FEEL EXHAUSTED?**

[Diagram showing green checkmark and red X]
Feeling Frightened Means:
Afraid of something or someone

When I am feeling Frightened:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Frightened?
Feeling **Frustrated** Means:

Very angry, discouraged, or upset because of being unable to do or complete something

**When I am feeling Frustrated:**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What makes me feel Frustrated?**

- [ ]
- [x]
Feeling Grieving Means:
Feeling sad or unhappy about the loss of something

When I am feeling Grieving:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Grieving?
Feeling **Guilty** Means:

Feeling responsible for doing something bad or wrong

**When I Am Feeling Guilty**

- My Face Looks Like
- My Body Looks Like
- My Insides Feel Like

**What Makes Me Feel Guilty?**

- [ ]
- [x]
Feeling Happy Means:

Feeling pleasure and enjoyment because of your life, situation, etc.

When I Am Feeling Happy:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Happy?
Feeling **Hopeful** Means:

Full of hope (wanting something to happen or be true and thinking that it could happen or be true)

**When I Am Feeling Hopeful**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What Makes Me Feel Hopeful?**

[Checkmark]

[Cross]
**Horrified**

Feeling Horrified Means:

Feeling horror or shock: being greatly upset and shocked

**When I am feeling Horrified**

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<thead>
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<td><img src="image" alt="Insides" /></td>
</tr>
</tbody>
</table>

**What makes me feel Horrified?**

- [ ]
- [X]
Feeling Hurt Means:
To be sad or upset: to suffer emotionally

When I Am Feeling Hurt:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Hurt?

✓

X

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Feeling Indifferent Means:
Not interested in or concerned about something

When I am feeling Indifferent:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Indifferent?
Feeling Jealous Means:
Feeling or showing jealousy: feeling or showing an unhappy or angry desire to have what someone else has

When I AM Feeling Jealous:
My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Jealous?
Feeling Joyful Means:
Feeling, causing, or showing great happiness: full of joy

When I am feeling Joyful:

- My Face Looks Like
- My Body Looks Like
- My Insides Feel Like

What makes me feel Joyful?

[Diagram with checkmark and cross]
Feeling *Lonely* Means:
Sad from being apart from other people

**When I Am Feeling LO NELY**

My Face Looks Like

My Body Looks Like

My Insides Feel Like

**What Makes Me Feel** LO NELY?

[Checkmark]

[Cross]
Feeling **Loved** Means:

To feel as if someone loves you (has great affection for you)

**WHEN I AM FEELING LOVED?**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**WHAT MAKES ME FEEL LOVED?**

[Checkmark] [X]

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Feeling Miserable Means:

Very unhappy

My Face Looks Like

My Body Looks Like

My Insides Feel Like

WHAT MAKES ME FEEL MiserABLE?
Feeling **Negative** Means:

Thinking about the bad qualities of someone or something: thinking that a bad result will happen: not hopeful or optimistic

**When I AM feeling Negative:**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What makes me feel Negative?**

- [ ]
- [x]
Feeling **Optimistic** Means:

Having or showing hope for the future: expecting good things to happen

<table>
<thead>
<tr>
<th>My Face Looks Like</th>
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<th>My Insides Feel Like</th>
</tr>
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<tbody>
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<td><img src="image2" alt="Image" /></td>
<td><img src="image3" alt="Image" /></td>
</tr>
</tbody>
</table>

**What Makes Me Feel Optimistic?**

- ![Green Check](green_check.png)
- ![Red X](red_x.png)
Feeling Overwhelmed Means:
Having too many things to deal with

When I Am Feeling Overwhelmed:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Overwhelmed?

[Check mark]

[Cross]
Feeling Peaceful Means:
Quiet and calm: without noise, excitement, etc.

When I am feeling Peaceful

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Peaceful?

[Checkmark] [X]

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Feeling **Perplexed** Means:
Unable to understand something clearly or to think clearly: confused

**When I Am Feeling Perplexed** :

My Face Looks Like

My Body Looks Like

My Insides Feel Like

**What Makes Me Feel Perplexed?**

- ✅
- ❌

---

[Links]
- [http://IAmAChildOfDivorce.com](http://IAmAChildOfDivorce.com)
- [http://DivorceMinistry4Kids.com](http://DivorceMinistry4Kids.com)
Feeling Proud Means:

Very happy and pleased because of something you have done, something you own, someone you know or are related to, etc.: feeling pride

My Face Looks Like
My Body Looks Like
My Insides Feel Like

WHAT MAKES ME FEEL PROUD?

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Feeling Regretful Means:
Feeling or showing regret: sad or disappointed

When I Am Feeling Regretful:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What Makes Me Feel Regretful?
Feeling Relieved Means:
Relaxed and happy because something difficult or unpleasant has been stopped, avoided, or made easier

When I am feeling Relieved:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Relieved?

[Checkmark] [X]
Feeling **Sad** Means:

Not happy: feeling or showing grief or unhappiness

**When I Am Feeling Sad**

<table>
<thead>
<tr>
<th>My Face Looks Like</th>
<th>My Body Looks Like</th>
<th>My Insides Feel Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Face Image]</td>
<td>![Body Image]</td>
<td>![Insides Image]</td>
</tr>
</tbody>
</table>

**What Makes Me Feel Sad?**

- [ ]
- [x]
Feeling **Scared** Means:

Afraid of something: nervous or frightened

**When I am feeling **Scared**:**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What makes me feel **Scared**?**
SHOCKED

Feeling Shocked Means:
Surprised and usually upset

When I am feeling SHOCKED

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel SHOCKED?

[Checkmark] [X]

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**Feeling Shy Means:**
Feeling nervous and uncomfortable about meeting and talking to people

**When I Am Feeling Shy**

<table>
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<tr>
<th>My Face Looks Like</th>
<th>My Body Looks Like</th>
<th>My Insides Feel Like</th>
</tr>
</thead>
</table>

**What Makes Me Feel Shy?**

![Checkmark]

![X]
Feeling **Silly** Means:

Zany, wacky, goofy, comical or amusing; lacking seriousness

**When I AM feeling Silly:**

<table>
<thead>
<tr>
<th>My Face Looks Like</th>
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</tr>
</tbody>
</table>

**What makes me feel Silly?**

- ![Okay](image)
- ![Not Okay](image)
Feeling **Surprised** Means:

Having or showing the feeling that people get when something unexpected or unusual happens.

**When I Am Feeling Surprised**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What Makes Me Feel Surprised?**

- [ ]
- [x]
Feeling **Suspicious** Means:

A feeling that something is wrong or that someone is behaving wrongly

**When I am feeling Suspicious**

- **My Face Looks Like**
- **My Body Looks Like**
- **My Insides Feel Like**

**What makes me feel Suspicious?**
Feeling Thoughtful Means:

Serious and quiet because you are thinking

When I am feeling Thoughtful:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Thoughtful?
Feeling Withdrawn Means:
Very quiet and usually shy: not talking much to other people

When I am feeling Withdrawn:

My Face Looks Like

My Body Looks Like

My Insides Feel Like

What makes me feel Withdrawn?

[Checkmark]

[Cross]

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