

Worksheet 2.2

Thoughts and Feelings



To do:

With your partner, identify thoughts Anna may have had when Mark told her to send more photos or he would post her pictures on the school website.

Name the feeling(s) Anna may have experienced for each thought.

Thought	Feeling
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____