

Identifying Your Emotions

Name: _____

Date: _____

Identify at least 3 feelings that you typically associate with substance abuse. Next to the feelings, write what physical sensations you typically have, along with what body language you might exhibit.

| BODY LANGUAGE | PHYSICAL SENSATIONS | FEELING (linked to use) |
|---------------|---------------------|-------------------------|
| 1. | 1. | 1. |
| 2. | 2. | |
| 3. | 3. | |
| 4. | 4. | |
| 5. | 5. | |
| 1. | 1. | 2. |
| 2. | 2. | |
| 3. | 3. | |
| 4. | 4. | |
| 5. | 5. | |
| 1. | 1. | 3. |
| 2. | 2. | |
| 3. | 3. | |
| 4. | 4. | |
| 5. | 5. | |