

# Recognising your feelings

Recognising your feelings is the first step towards understanding them and learning how to cope with them.

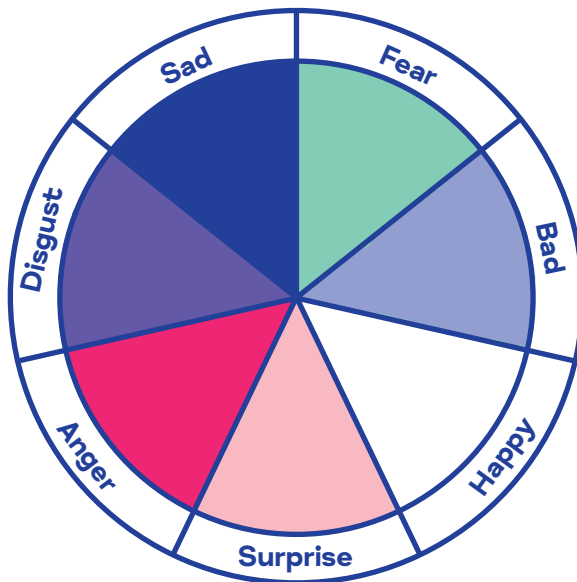
It might feel difficult to recognise your feelings at first, but with time and practice, it will start to feel easier.

## Activity 1:

This image shows six of the main emotions: fear, anger, disgust, sadness, happiness and surprise. We've also included bad as young people told us that emotion resonates with them.

**Do any of these emotions describe how you're feeling right now or how you've felt this past week?**

**Circle or put a mark next to those emotions.**



## Activity 2:

This image explores the seven emotions in more detail.

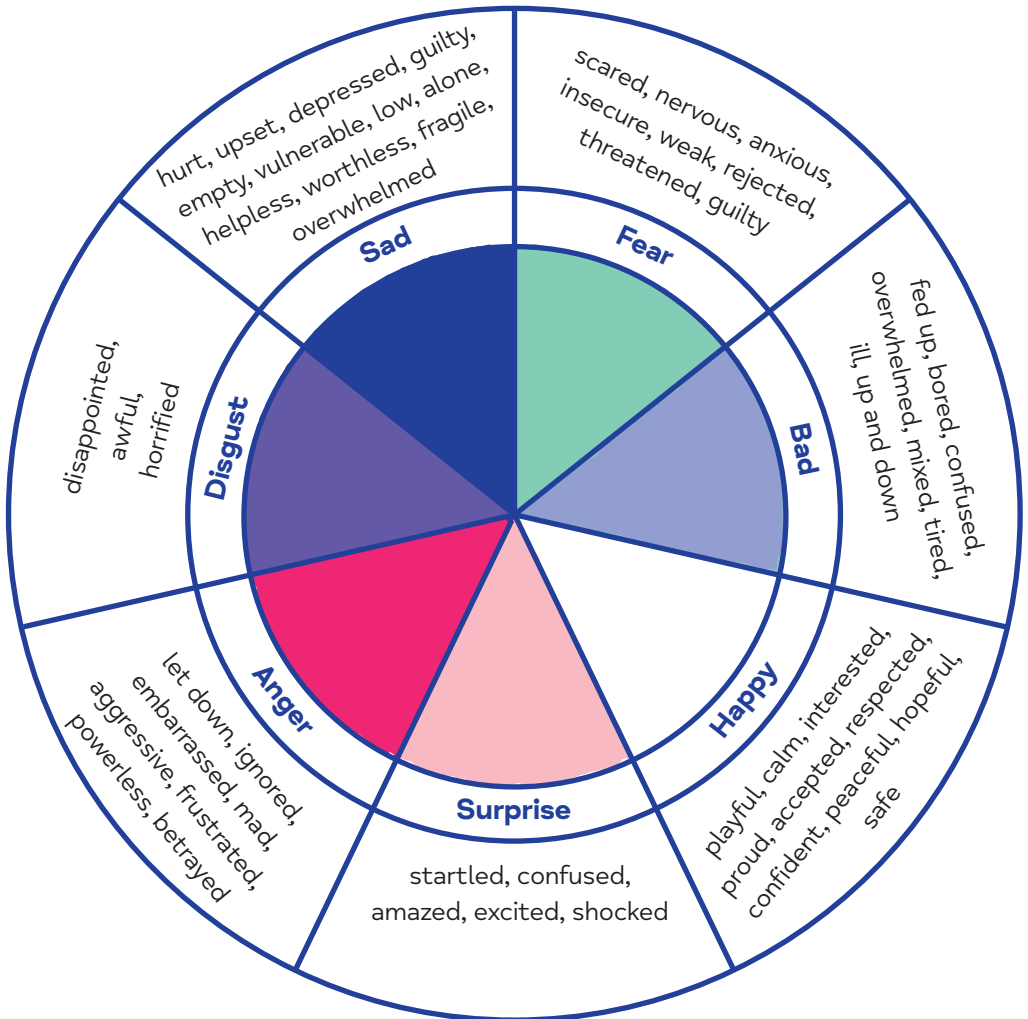
**Do the emotions on this wheel describe how you're feeling?**

**Can you use them to put into words what you're experiencing?**

I'm feeling.....

I have felt like this for (how long).....

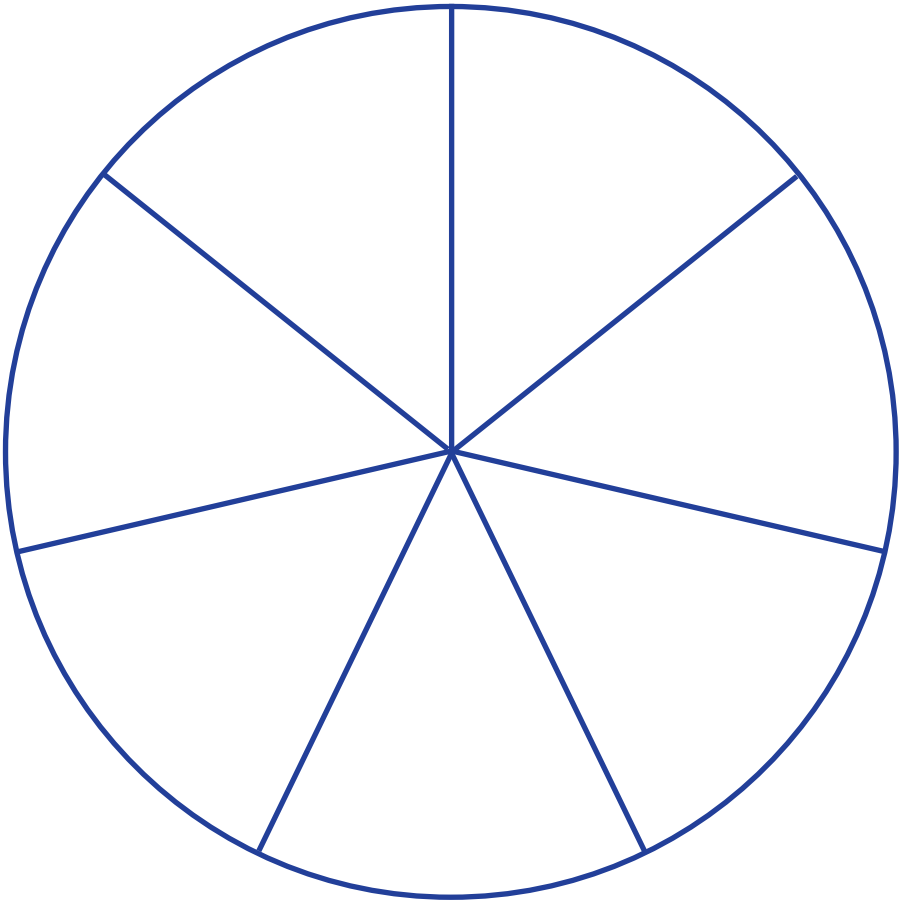
I might feel like this because.....



### Activity 3:

This image shows a blank emotions wheel.

**Using the space in the diagram, write down the six main emotions you're feeling right now, or that you've felt this past week. These could be positive or negative emotions, or both.**



## Activity 4:

**If you're able to name what you're feeling, can you describe what this looks and feels like for you?**

Here are some examples to get you started:

**Sad** Not talking to friends or family,  
not sleeping well and feeling tearful

**Angry** Clenching your hands or teeth,  
shaking, sweating and feeling upset

**Worthless** Thinking negative thoughts about yourself,  
not talking to friends and family, feeling very low  
and exhausted

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**Remember: If you're struggling with your feelings or emotions, it's always okay to ask for help.**

**Go to [mind.org.uk/youngpeople](https://www.mind.org.uk/youngpeople)**



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