

'that feels better' QUIZ

(Answers on reverse)

1. Can I help what I feel? YES NO
2. Are *all* feelings OK? YES NO
3. Is it OK to talk about my feelings? YES NO
4. Do I have to talk about my feelings? YES NO
5. Are there things I can do to make feelings that don't feel good fade away? YES NO
6. Is there a difference between feelings that don't feel good and behaviour that isn't good? YES NO
7. Is it OK to let feelings that don't feel good control how I behave? YES NO
8. When I learn how to manage feelings that don't feel good, will I be happier? YES NO
9. Do all adults know how to manage feelings that don't feel good? YES NO
10. How many feelings words are there?
1 -50 51 - 100 101 - 500 More than 500

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Answers

1. NO. Feelings are automatic and just part of being human.
2. YES. Yes, because you can't help what you feel.
3. YES. Talking makes you feel better when the other person listens.
4. NO. It's OK to keep things to yourself, but usually better to find someone who you can trust to talk to.
5. YES. All of the ideas in this pack will help you to manage feelings that don't feel good.
6. YES. Feelings that don't feel good are inside your body but behaviour that isn't good is on the outside and is what others see. Feelings that don't feel good are OK. Behaviour that isn't good usually hurts others, or makes things more difficult for you.
7. NO. If you let feelings that don't feel good control how you behave, you're likely to have lots of problems getting on with other people.
8. YES. You will feel in control and you will get on better with friends and family.
9. NO. Unfortunately not all adults manage their feelings well. You may want to think of an adult you know who manages to stay calm and positive most of the time and watch how they do it. You can use them as a model for yourself.
10. More than 500. In fact, noone knows how many feelings words there are, and more are being invented all of the time.