BOTTLED UP EMOTIONS

INSTRUCTIONS: Below, circle a feeling (& color the bottle above it) that you have avoided, ignored, or masked (aka "bottled up").













ANXIETY

ANGER

SHAME

SADNESS

GUILT

DESPAIR













SCARED

WORRY

OVERWHELM

FRUSTRATION

PAIN

HOPELESSNESS













STRESS

LONELINESS

GRIEF

INSECURITY

TY FEAR

DISAPPOINTMENT













REJECTION VULNERABLE

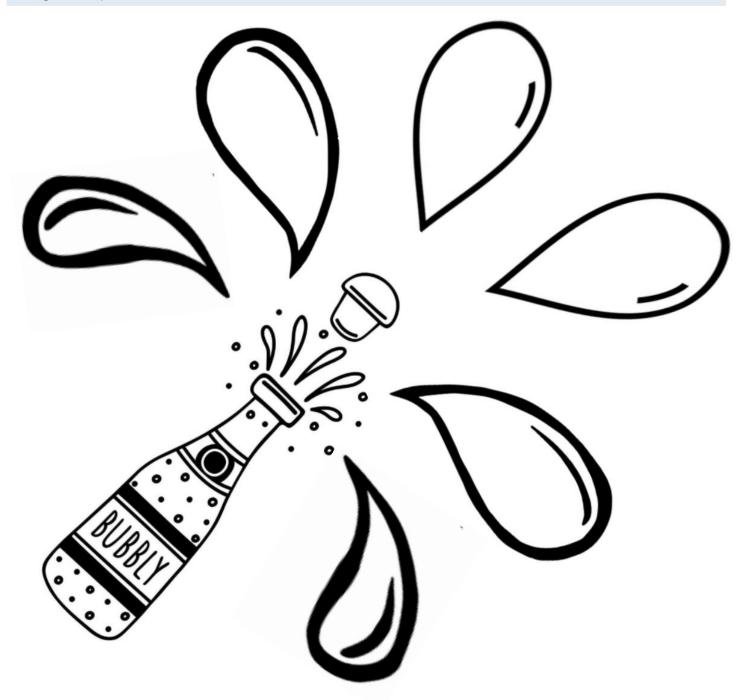
TIRED

JEALOUS

HURT

EMBARRASSMENT

INSTRUCTIONS: Learning to express and manage our feelings and emotions in a healthy way is an important skill to have. When they arise, what positive coping skills have you practiced? What other skills might you want to try in the future? Look at examples at the bottom of the page, then below, write them in the giant droplets that came out of the bottle.



COPING SKILLS I MIGHT TRY:

- Talk to someone (a professional, friend, family)
- Take calming deep breaths
- Crying it out
- Count 1 to 10
- Take a bath

- Go for a walk
- Exercise sports
- Listen to calming music
- Play a musical instrument
- Be creative do art
- Gardening
- Listen to calming music

- Read a book
- Journal write & draw
- Get some sun
- Go out in nature (river, mountain, beach)
- Bake, cook
- Read a book

- Pet a cat or dog
- Join a support group
- Yoga
- Pray or meditate
- Dance
- Sing