

My Styles of Expressing My Feelings Log 25

[Social-Emotional Skills Projects Module](#)

1. What style or styles of expressing my feelings am I trying to use less often or eliminate?
2. What style or styles of expressing my feelings do I want to start using or use more consistently?
3. Are there specific people I wanted to use this style or styles with because my current style of expressing my feelings with them is ineffective for me or our relationship? If so, who are they and what is their relationship to you?

Situation # 1. Date: _____

1. What was I feeling, and why did I feel this way? What triggered these feelings?
2. How did I act on my feelings? What did I say or do? What style did I use?
3. If I used my old, ineffective style, why did I use it? Why didn't I use my new style?
4. What happened as a result?
5. What did I learn as a result? What, if any, changes do I want to make in the future?

Situation # 2. Date: _____

1. What was I feeling, and why did I feel this way? What triggered these feelings?
2. How did I act on my feelings? What did I say or do? What style did I use?
3. If I used my old, ineffective style, why did I use it? Why didn't I use my new style?
4. What happened as a result?
5. What did I learn as a result? What, if any, changes do I want to make in the future?

Situation # 3. Date: _____

1. What was I feeling, and why did I feel this way? What triggered these feelings?

2. How did I act on my feelings? What did I say or do? What style did I use?

3. If I used my old, ineffective style, why did I use it? Why didn't I use my new style?

4. What happened as a result?

5. What did I learn as a result? What, if any, changes do I want to make in the future?

Situation # 4. Date: _____

1. What was I feeling, and why did I feel this way? What triggered these feelings?
2. How did I act on my feelings? What did I say or do? What style did I use?
3. If I used my old, ineffective style, why did I use it? Why didn't I use my new style?
4. What happened as a result?
5. What did I learn as a result? What, if any, changes do I want to make in the future?