1. What are feelings? Are they good or bad?

2. What feelings have you had today?

3. Have you ever known anyone who never expressed his feelings? Explain.

4. Did things ever build up inside that person until they overflowed? Explain.

5. How can sharing your feelings help keep you in control?

6. Do you want to be in control of yourself and your feelings? Explain.

7. Here is one good way to share your feelings with others. Read the skill steps and the reasons why they are important. Add other reasons that you see.

**SKILL STEPS**

- a. Notice that you have feelings.
- b. Decide what your real feeling is.
- c. Decide why you feel this way.
- d. Tell a friend, family member or acquaintance how you feel and why. Say, "I feel ____________ because ________________"

**WHY STEP IS IMPORTANT**

- a. ____________________
- b. ____________________
- c. ____________________
- d. ____________________

8. Practice sharing your feelings. How will you use this skill?