



## FEELINGS: *Good or Bad?*

Think about feelings in general: what feelings do you consider good and what feelings bad? Make two columns for good and bad feelings.

What are the situations in your family when bad feelings occur? Tell your family members how to behave towards you when you feel bad.

### GOOD FEELINGS

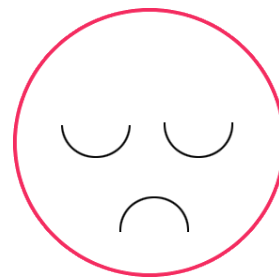


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### BAD FEELINGS



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1. Which column is longer?
2. Are there feelings that can belong to both lists, according to the circumstances in which they appear? Name these feelings.
3. What is a good side of your bad feelings?
4. When were you not able to accept bad feelings of others? When were you not able to accept their good feelings? Describe these situations.
5. Tell your household members how to behave towards you when you feel bad.
6. Let your family members find as many solutions as they can for bad situations.
7. Write the solutions down and read the final list of solutions together.