

# Encouraging Emotional Expression for Teens

This worksheet is designed for teens to complete to help them **identify, understand, and express their emotions in a healthy way**. By working through this exercise, you will build your knowledge of your own emotions and how you can safely express them.

## PART 1: Learning About Emotions

Explore some of the different emotions we can experience throughout the day. By learning to recognize a wide range of emotions, you can better understand your feelings and communicate them more effectively.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Encouraging Emotional Expression for Teens

## PART 2: Track Your Daily Emotions

Use these tables to track your emotions throughout the week. Write down all the emotions you experienced. Refer to the previous table to help you identify specific emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

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# Encouraging Emotional Expression for Teens

## PART 3: Think About What Caused the Emotions

Explore the situations or events that caused your emotions.

**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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# Encouraging Emotional Expression for Teens

## PART 4: Brainstorm Healthy Ways to Cope with Emotions

Think of healthy ways you can cope with different emotions, especially difficult ones like anger, frustration, or sadness.

- When you're feeling upset, try taking slow, deep breaths. Breathe in for a few seconds, then breathe out slowly. This can help you feel calmer and more in control.
- If you're feeling mad or sad, grab some paper and draw how you're feeling. Being creative can help you express your feelings.
- If you're upset, it's okay to talk about it. You can talk to a parent, a teacher, or someone who makes you feel safe. Sharing your feelings can help you feel less alone.
- If you're feeling really mad, try counting slowly to 10 (or even 20!). It gives your brain a moment to calm down before you react.
- When you're frustrated, it's okay to take a break. You can go to your room or another quiet space for a few minutes to cool down. Taking a break gives you time to feel better.
- If you're feeling angry or have a lot of energy, try moving around. You can jump, run in place, dance, or do jumping jacks. Moving your body helps release some of those big feelings.
- When you're feeling sad, you can hug your favorite stuffed animal or blanket. Sometimes holding something soft and cozy can make you feel a little bit better.
- When you're feeling upset, try listening to your favorite calming music. Music can help you relax and make you feel happier.

**Emotion:**

**What can I do next time I feel this emotion?**

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**Who can I talk to about this emotion?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy Platforms for Teens](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

