






Module 11: Recognising and Dealing with feelings

Exercise 1 - How in-tune with your feelings are you?

Ask others	Ask myself
<p>What expression does my face show?</p> 	<p>What does my body feel like?</p> 
<p>How do I say I feel?</p> 	<p>What am I thinking about?</p> 
<p>What do I do?</p> 	<p>What do I feel like doing?</p> 