

Express Yourself!

Storm Feelings Worksheet

Adapted from *The Way of the Journal*, ©Kathleen Adams (1998, Sidran Press)

Storms and other natural disasters often force a lot of change quickly into our lives. Maybe you had to leave behind your home and special things. Or maybe you've been separated from your friends or your regular routine. If you feel uncomfortable, worried or even very tired, you are not alone. Here's one way to get those feelings out of your body and onto some paper. Simply answer the questions. Short answers are fine. Skipping answers is fine, too.

If you don't feel like writing, draw a picture about your feelings instead. You can use these questions to help you think of shapes, colors or symbols to use.

When you are done, you may want to share your answers with a parent or other trusted adult. Or just rip it up and throw it away. Just expressing yourself — through writing or drawing — can help you feel better.

■ When I think of the storm I feel _____

■ If this feeling had a color, it would be _____

■ If this feeling had a shape, it would be _____

■ If this feeling had a temperature, it would be _____

■ If this feeling had a size, it would be _____

■ The place in my body where this feeling hangs out is _____

■ If this feeling could talk, it would say _____

■ And it would also say _____

■ What I want to say to this feeling is _____

■ The last time I had this feeling was _____

■ The way I deal with this feeling is _____

■ What I really want is _____

■ The three things that can help me deal with this feeling are:

1. _____

2. _____

3. _____

■ The people who I know who help me feel better are _____



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