

When Bad Things Happen

Bad things happen. Everyone gets hit with a stressful situation from time to time. What do you feel when bad things happen? What do you do? Answer the questions below.

When something bad happens, which feeling are you most likely to have? (Circle only one.)

Sadness

Anger

Frustration

Helplessness

Fear

When something bad happens, which feeling are you least likely to have? (Circle only one.)

Sadness

Anger

Frustration

Helplessness

Fear

What do you usually do when something bad happens?

How do you try to make yourself feel better when bad things happen?