

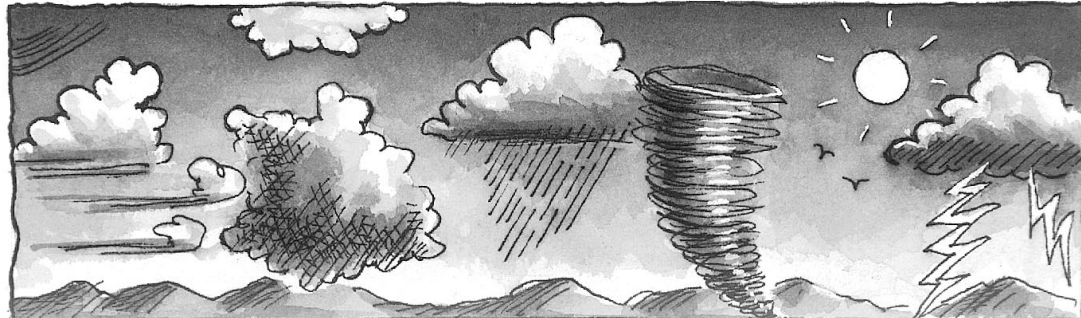


Feelings Are Like Weather

Strange as it may seem, you don't necessarily have to "do something" about your feelings, beyond just noticing them and remembering that they change like the weather.

When you're feeling an unpleasant emotion, you can look back and see that many such emotions pass through your life like afternoon thunder showers.

For the next week, keep a record of your "inner weather." Whenever you notice an emotion, put a check in the box next to the weather term that most nearly corresponds to your feeling. For instance, if you're feeling angry, you might check "stormy," or if you're feeling confused, you might check "foggy."



	BREEZY	CALM	DRY	FOGGY	GENTLE RAIN SHOWERS	GUSTY WINDS	HAIL	HOT & HUMID	HURRICANE WARNING	OVERCAST	PARTLY CLOUDY	SUNNY AND WARM	THUNDER & LIGHTNING
MONDAY													
TUESDAY													
WEDNESDAY													
THURSDAY													
FRIDAY													
SATURDAY													
SUNDAY													

What was your weather like this week?

If your inner weather is too stormy or uncomfortable, it might be time to talk to a friend or counselor about those feelings.