

Name:

# Control Your Feelings, Don't Let Them Control You

Have you ever let your feelings get the best of you and then said or done something that you regretted later? Sometimes our feelings 'get the best of us'. However, managing and responding to your feelings appropriately takes self control and a few strategies. Complete the questions below to help to control feelings and not let them get the best of you.

- 1 Explain what it means by: ***Don't let your feelings get the best of you.***
- 2 Provide an example of a time where you regretted doing or saying something based on the way you were feeling.
- 3 What does ***'Managing your feelings and emotions mean?'***
- 4 Provide an example of a time where somebody responded to you in a negative way based on their feelings. How could have this have been handled better?
- 5 Provide 3 tips that help to manage feelings appropriately.
- 6 Why is it important to ***'manage your emotions and not suppress them?'***