



# Handling Difficult Feelings

Participant Self-evaluation

<b>Unique Client ID:</b> _____	<b>Assessment Type:</b> <input type="checkbox"/> Pre <input type="checkbox"/> Post
<b>Facilitator:</b> _____	<b>Session Type:</b> <input type="checkbox"/> Group <input type="checkbox"/> Individual
<b>Organization:</b> _____	<b>Date Completed:</b> ____ / ____ / ____

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge, and Skills).

## Attitudes

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
1. I recognize the value of positive self-talk.	1	2	3	4
2. I recognize the value of having coping skills.	1	2	3	4
3. I wish to change how I manage difficult feelings.	1	2	3	4
4. I believe I am in control of my own feelings.	1	2	3	4

Attitudes Average (Total ÷ 4) =

## Knowledge

5. I understand that unmanaged feelings can lead to self-destructive behaviors.	1	2	3	4
6. I understand the difference between thoughts and feelings.	1	2	3	4
7. I understand the connection between difficult feelings and irresponsible/illegal behavior.	1	2	3	4
8. I know the common situations that trigger boredom, fear, resentment and anger.	1	2	3	4
9. I know my own body cues for anger.	1	2	3	4



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## Knowledge (continued)

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
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10. I am aware of the negative self-talk that could intensify my anger.	1	2	3	4
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11. I recognize the patterns between my feelings and body signals and the resulting behaviors.	1	2	3	4
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Knowledge Average (Total ÷ 7) =

## Skills

12. I have a support network for coping with difficult feelings.	1	2	3	4
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13. I look at the facts before interpreting a situation.	1	2	3	4
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14. I challenge negative self-talk.	1	2	3	4
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15. I plan ahead for managing high-risk feelings.	1	2	3	4
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16. I use time-outs for coping with high-risk feelings.	1	2	3	4
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17. I have developed a self-management plan for coping with difficult feelings or situations.	1	2	3	4
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Skills Average (Total ÷ 6) =

## Overall Score

Overall Average (Overall total ÷ 17) =