Listening for Feelings Worksheet

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| **Situation** | **Statement** | **What Feeling is Expressed** | **Possible Response** |
| School  (teacher speaking) | “Why do we have to study this stupid stuff?” |  |  |
| After viewing a film | “It was a bore,” |  |  |
| Family Meal  (child speaking) | “But I don’t want any dinner.” |  |  |
| Group Discussion | “You talk too much. That’s rude.” |  |  |
| Teen-age boy to friend | “She’s really hot, but she seems aloof.” |  |  |
| Child of any age | “My parents make me go to church but I don’t want to go.” |  |  |
| School | “Those sophomores are the worst in the school.” |  |  |
| Home  (mother speaking) | “I’m sick and tired of picking up your clothes.” |  |  |
| Work  (one employee to another) | “That slacker Ralph got a promotion without even working hard.” |  |  |