

GIVE IT A NAME



Working through tough emotions

Our big emotions can sometimes feel like monsters. Some monsters are helpful and others can be scary. Draw and name your monster and fill in the blanks. Use this worksheet to help you every time the monster comes back.

Hint: you can make more than one!

My name is

(name your monster)

I come out when you feel

(your emotions you feel)

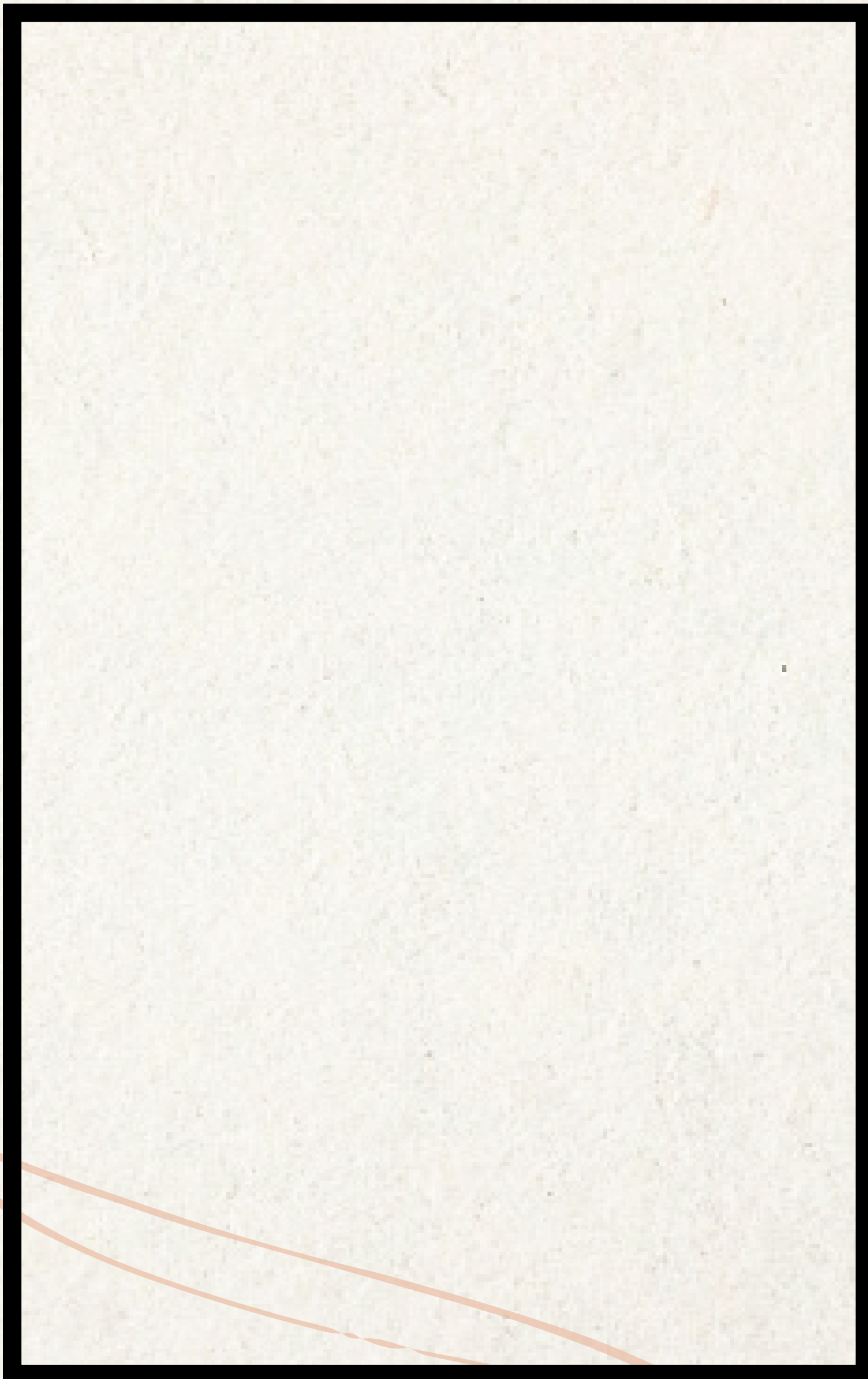
Sometimes I need to be here for a while.

To make me go away,

(your name)

needs

(what do you need to feel better)



Dr. Giulana, ND



Word Bank

Use this to help you fill in your Monster worksheet

**Your feelings
& emotions**

**What you
may need to
feel better**

Angry

A Hug

Sad

Alone time

Scared

Quiet time with
someone I trust

Worried

A snack

Annoyed

Encouraging words

Overwhelmed

Loving words

Tired

