

**Annex IV. Table “my feelings”**

<b>My feelings</b>	<b>How do I express them?</b>	<b>How do I suppress them?</b>	<b>The result</b>
ANGER	I scream, I walk back and forth, I kick something, I break...	I clench my teeth, my fists, I am silent, I walk nervously...	I can't sleep for a long time, I don't pay attention in class, I get rude, I fight, I insult...
JOY			
DISGUST			
SADNESS			
SHAME			
INDIFFERENCE			
HATRED			
FEAR**			
ENVY			