

Name _____

Mixed Emotions: Why Do I Feel Different Emotions at the Same Time?

Short Answer

1. Provide an example of a situation where you might feel conflicting emotions. Explain why you would experience these emotions.
2. How can acknowledging and accepting mixed emotions be helpful in coping with them?
3. Describe a personal experience where your emotions changed quickly. What triggered this change, and how did it affect your day?
4. Explain the significance of emotions being influenced by personal experiences and memories.
5. How can talking to friends, family, or a counselor help when you're experiencing mixed emotions?

