

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Answer may vary. Example: Recently, I felt a mix of emotions when I graduated from middle school. I was excited about starting high school, but I also felt a bit sad and nostalgic about leaving behind familiar faces and routines. Acknowledging these emotions allowed me to appreciate the meaningful experiences I had in middle school while looking forward to new adventures in high school.
2. Advice may vary. Example: I would advise my friend to acknowledge their mixed emotions about starting a new school. It's okay to feel both excited and nervous. Talking to parents, teachers, or older students who have experienced the same transition can provide valuable insights and reassurance. Embracing these emotions as a natural part of change can make the transition smoother.
3. Answer may vary. Example: I felt a blend of emotions when my younger sibling won an award that I had been competing for for years. Initially, I felt a mix of happiness for them and a tinge of jealousy. However, upon reflection, I realized that my sibling had worked incredibly hard for the award, and I genuinely wanted them to succeed. This understanding helped me reconcile my conflicting emotions and genuinely celebrate their achievement.
4. Answer may vary. Example: One day, I received an unexpected gift from a friend that made me feel a rush of joy and gratitude. However, shortly after, I received disappointing news about a project I had been working on. This abrupt shift from happiness to disappointment took me by surprise, but I recognized that emotions are not always predictable. I allowed myself to feel the disappointment and sought support from friends to process the news, ultimately leading to a more balanced emotional state.

