Events in your life can cause both physical and mental reactions



They can change your behaviour and affect what you do and how you do it. How you feel comes first, then how serious you find the event/situation to be.

Get to know yourself.
Let's take a look at the sentences below and find out what kinds of feelings various situations arouse in you.

You get angry when:

You get frustrated when:

You fight back when:

You withdraw from situations if:

You are happy when:

You are calm when:

These are the things you would like to change about your life:

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Regulating your feelings

Sammen på vei
Nurse-Family Partnership©

Sometimes, you need to talk to someone about how you are doing. Who do you call when you need support?

When you are angry:

When you are afraid:

When you don’t know what to do with the baby:

When you feel lonely:

When you want to have fun:

When you need a friend:

When you need help and advice:



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