“This Emotional Life”

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PERSONAL INVENTORY

JOURNAL ENTRY FOR TODAY!

We have been studying mental illnesses throughout this chapter with a focus on fears, anxieties and depression and schizophrenia. Let’s put a positive spin on things today. Let’s explore our own definition of happiness!

How do you define happiness? Can you identify things that make you happy?

When were you last really happy? What caused this happiness? How long did it last?

How would you rate your own level of happiness on a scale of 1-10?

1 2 3 4 5 6 7 8 9 10

How would the people closest in your life rate your happiness?

1 2 3 4 5 6 7 8 9 10

SHARE with your partner… IF YOU CHOOSE TO DO SO ☺

Almost ALL students have missing work. When you are finished this assignment…..please finish work on your list of missing work.