

TRUE CHARACTER



A Balanced Approach to
Character Development

July

Composure – Teens & Adults

Name: _____

Composure means that you are “calm and in control!” Feeling overwhelmed by our emotions is normal. You need to find strategies that allow you to feel your emotions without losing your composure. Whether that is deep breathing or exercise, or something else. Below, think about how you can gain more composure by paying attention to your own experiences.

	1. In your body, where do you feel: 2. What does it feel like?	What causes these feeling?	What strategies help calm you?	When you do lose your composure, what do you do?
Anger	1. _____ 2. _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
Anxiety/ Nervousness	1. _____ 2. _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
Frustration	1. _____ 2. _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
Stressed	1. _____ 2. _____	_____ _____ _____	_____ _____ _____	_____ _____ _____