



I FEEL, I NEED, & I WILL

✓ POST ELECTION 2016 REACTIONS

Use this worksheet to think about your reactions--and then compare your emotions to those of the US. How do you feel, what do you need, and what will you do?

1. How do you feel? Choose a word from the list and fill in the blank.

I feel

Surprised Devastated
Afraid Proud
Relieved Angry
Excited

2. What do you need? This time, you come up with a word or phrase.

I need

3. Finally, what you will do now? Some ideas are below to get you started.

I will

Keep drinking
Get over it
Keep drinking
Finally lose those 10 lbs
Get more surprised, afraid, relieved, excited, devastated, proud, or angry
Move to Canada, Ireland, Israel, Belize, etc.
Focus on my friends and family and drink together



Now, how did your answers to #1 compare to US voters? Check out [this article](#) from Gallup and find out how surprised, devastated, or excited they are.



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