



# Embarrassed

Feeling embarrassed is feeling uncomfortable because we may not feel understood by others or sometimes make a mistake.

## Times we might feel embarrassed:

- If we have to speak in front of the whole class
- If we make a mistake in front of our friends
- When we meet new people and might not know what to say

## When we feel embarrassed, our body might feel like:

- The palms of our hands are sweaty
- Our heart is beating faster than normal
- We want to hide our faces from others

## Understanding Embarrassed / Questions for learning:

What are some times a person might feel embarrassed?

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When you feel embarrassed, what does your body feel like?

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Write about a time that you felt embarrassed. What was it like?

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