

# How do you feel?

... when you write about problems that have happened or that might happen

... when you have trouble in a long queue or check in at the airport

... when you are unhappy because someone has something that you would like to do or something that you would like to see

... when you don't feel like waiting or being asked

... when you cause some trouble or hurt someone and you regret and want to apologise

... when you believe something will happen the way you want it to

... when you start over about yourself and don't care about other people

... when you want to start something because other have given you something or have done something for you

... when you are pleased and satisfied about something that you own or

... when you are comfortable in the sun, have a rest and do something enjoyable

**Keep smiling**

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