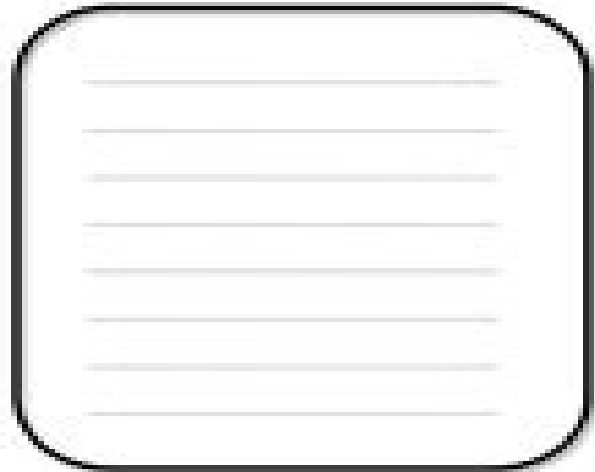


Name: _____

3. When I felt _____, I *DID* these things:

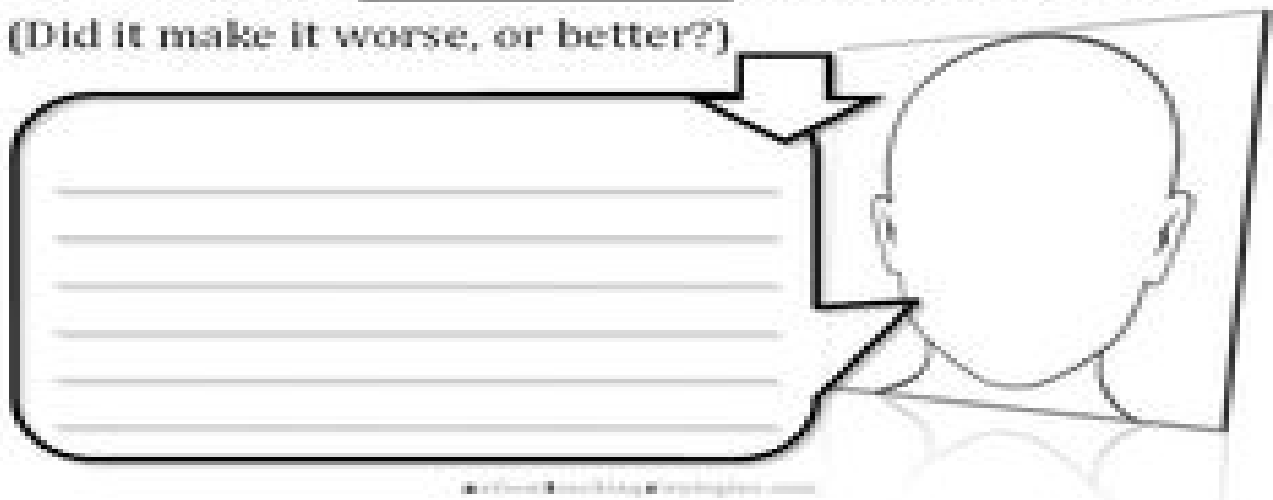


A rounded rectangular box with a double-line border and horizontal lines for writing, intended for listing actions taken during a specific feeling.



A rounded rectangular box with a double-line border and horizontal lines for writing, intended for listing actions taken during a specific feeling.

4. While I felt _____ here is what I SAID.
(Did it make it worse, or better?)



A large speech bubble with a double-line border and horizontal lines for writing, positioned next to a simple line drawing of a person's head and shoulders. The speech bubble's tail points towards the head, indicating the speaker's words.