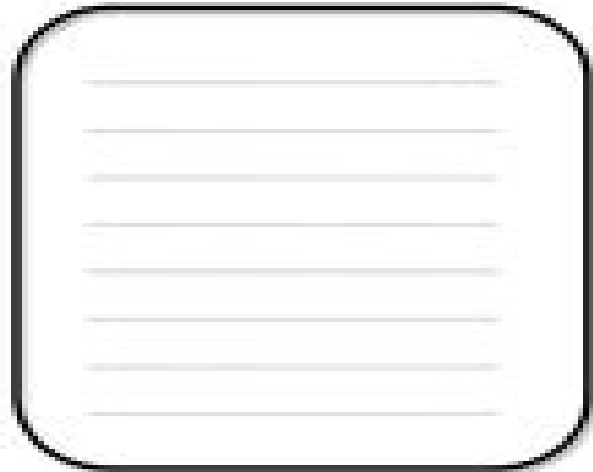
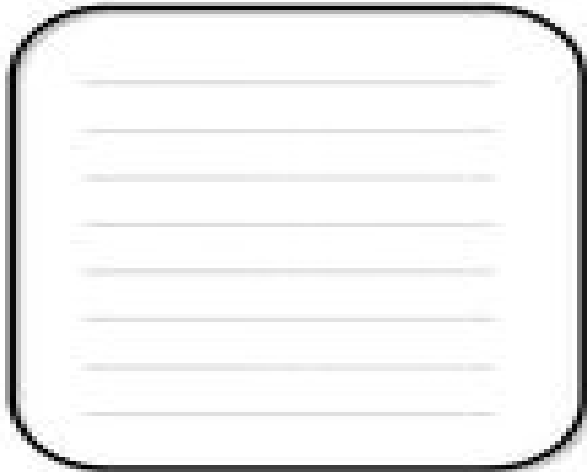


Name: _____

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



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

