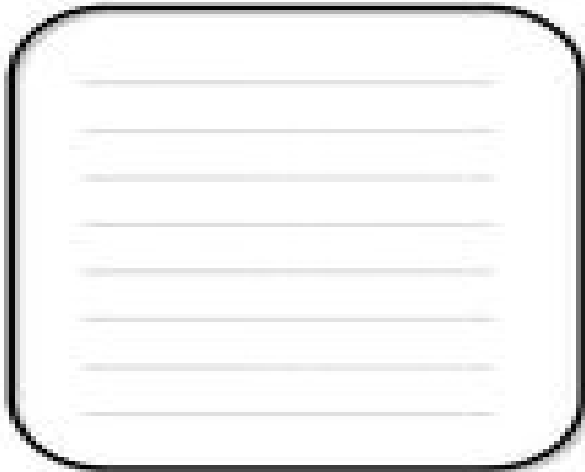
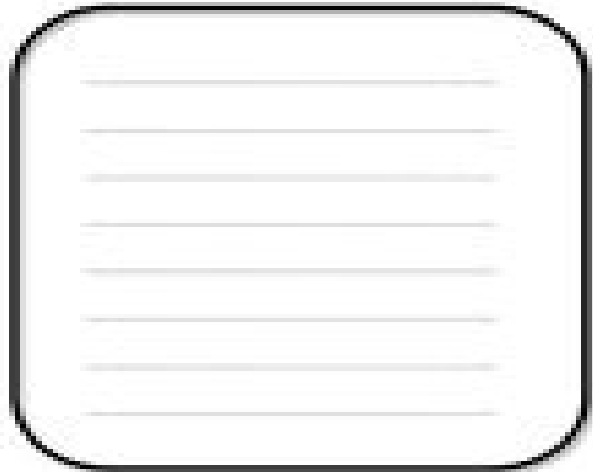


Name: \_\_\_\_\_

3. When I felt \_\_\_\_\_, I *DID* these things:

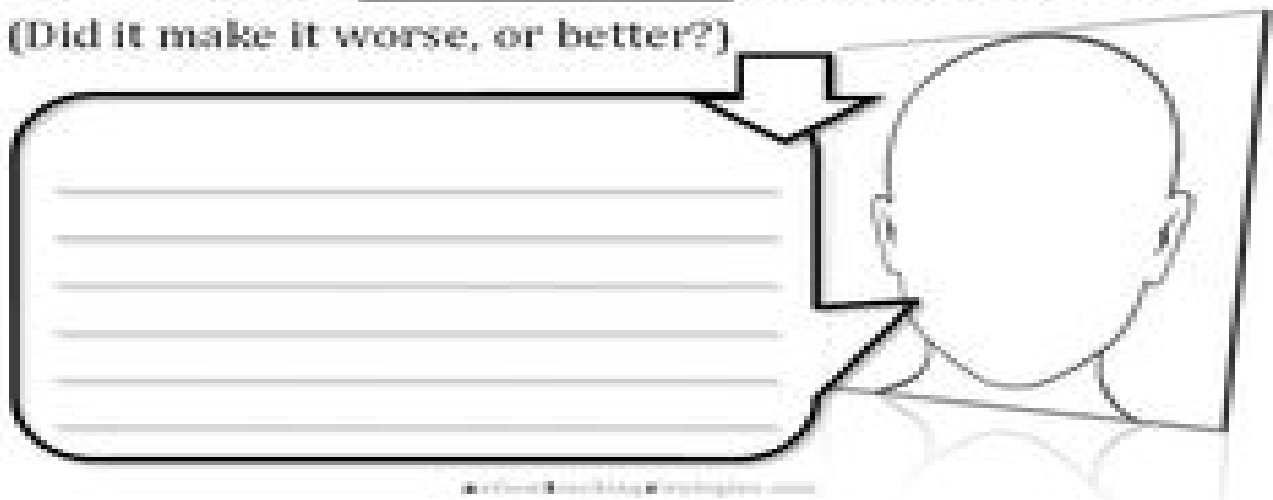


A rounded rectangular box with a double-line border and horizontal lines inside, intended for writing a list of actions.



A rounded rectangular box with a double-line border and horizontal lines inside, intended for writing a list of actions.

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 inside. To its right is a simple line drawing of a person's head and shoulders, facing forward. The speech bubble's tail points towards the person's mouth.