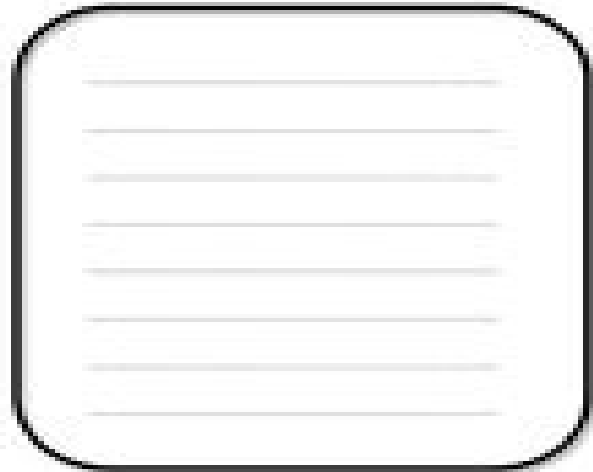


Name: _____

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

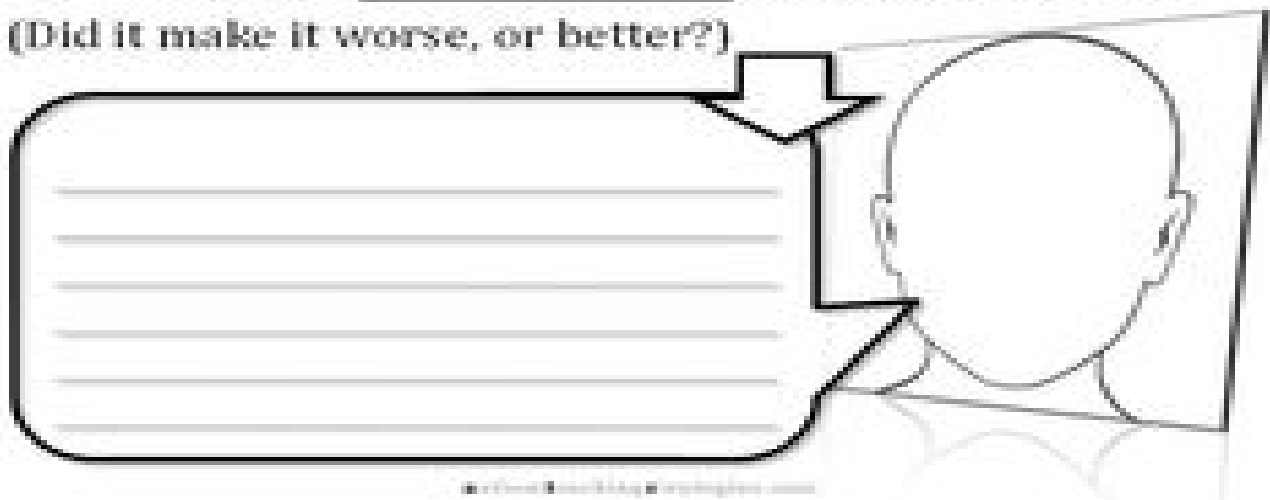


A rounded rectangular box with a double-line border and eight horizontal lines inside for writing.



A rounded rectangular box with a double-line border and eight horizontal lines inside for writing.

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 six horizontal lines inside for writing. To the right of the speech bubble 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.