7. Here are better things I could have *SAID* when I was worried:

To get help:
_____
_____
_____
_____
_____
_____
_____

To let someone know how I feel:
_____
_____
_____
_____
_____
_____
_____

8. Something better I could have *DONE* when I was worried:

_____
_____
_____
_____
_____
_____

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