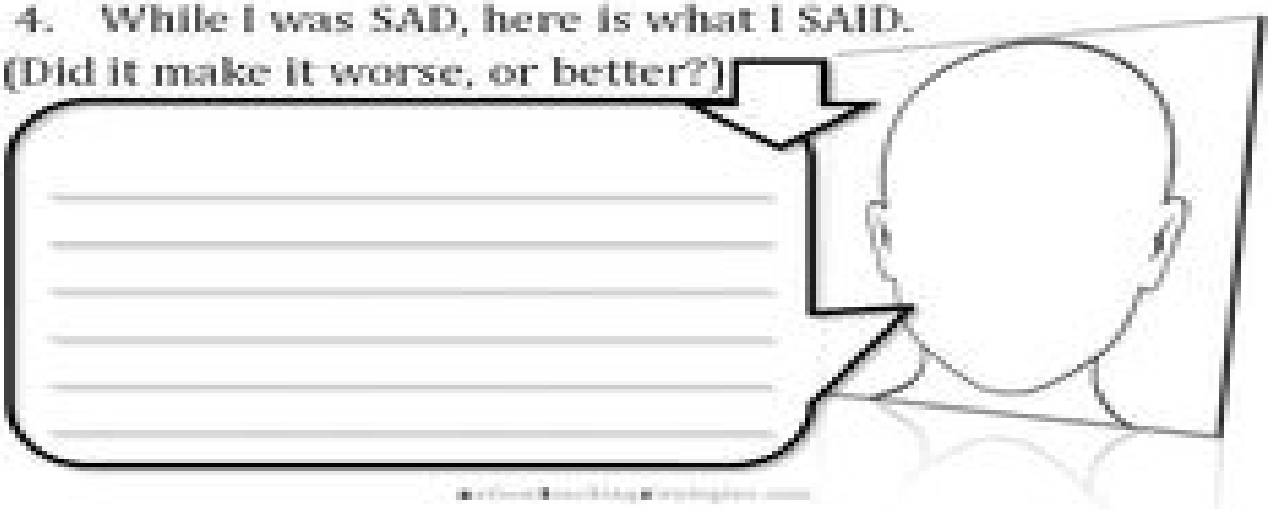
Name: _____

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

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