

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

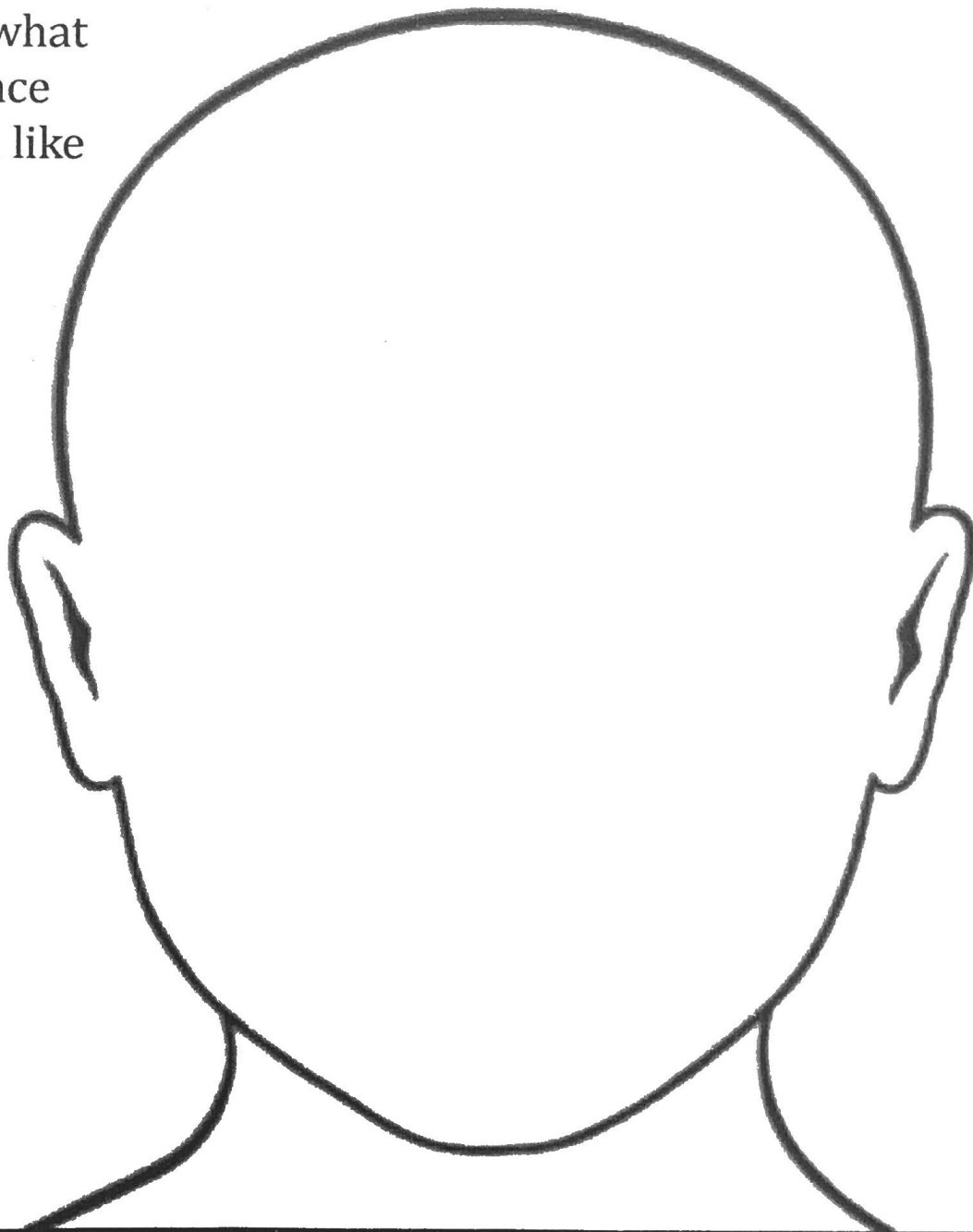
# When I felt \_\_\_\_\_

1. I felt \_\_\_\_\_ when \_\_\_\_\_

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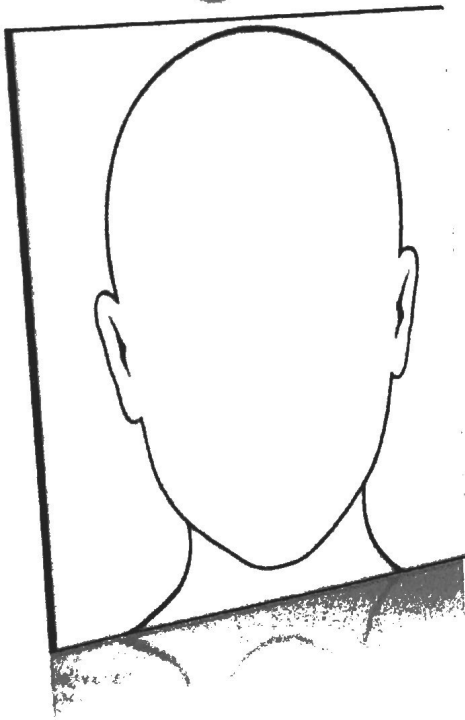
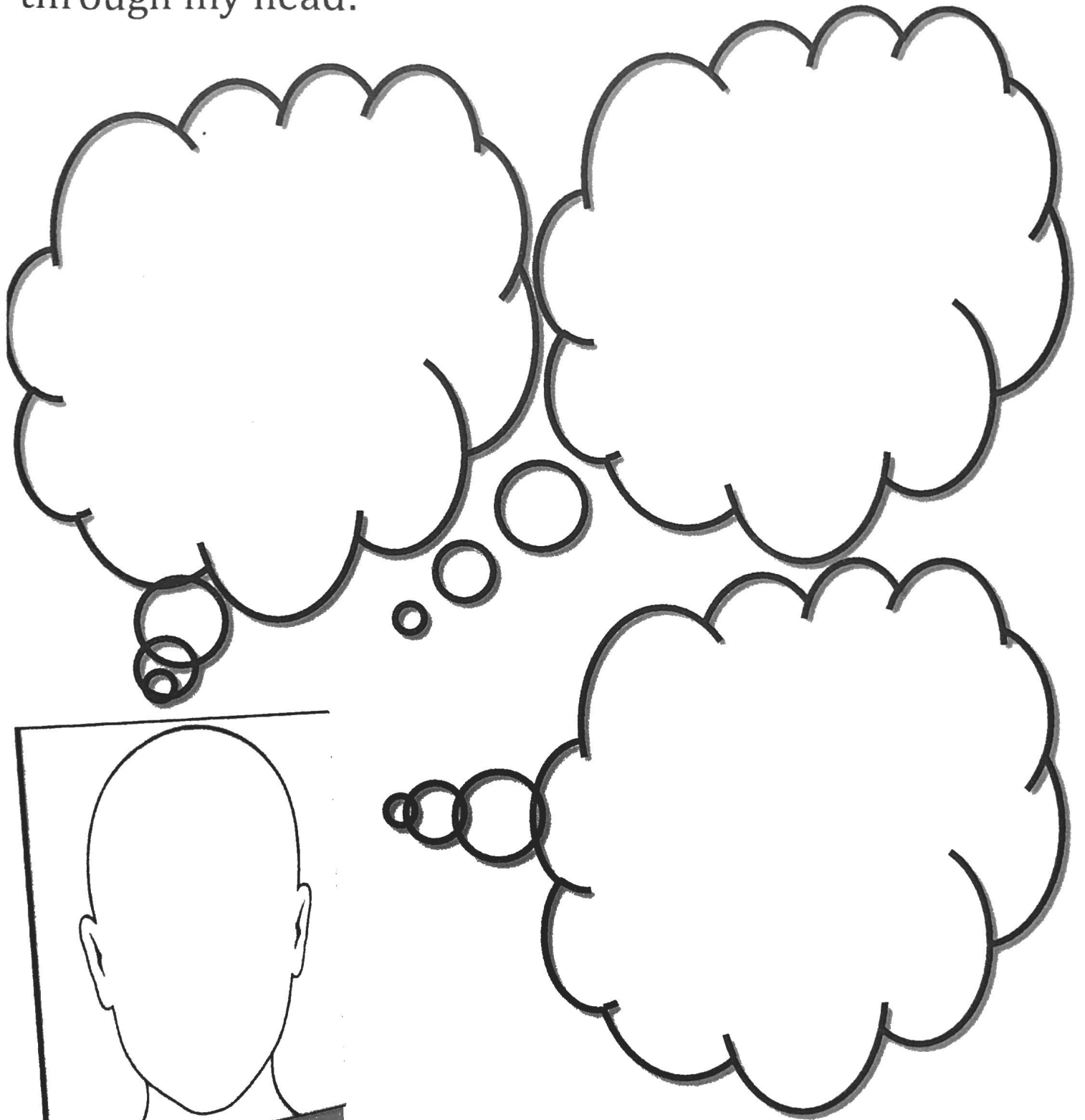
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Draw what  
your face  
looked like



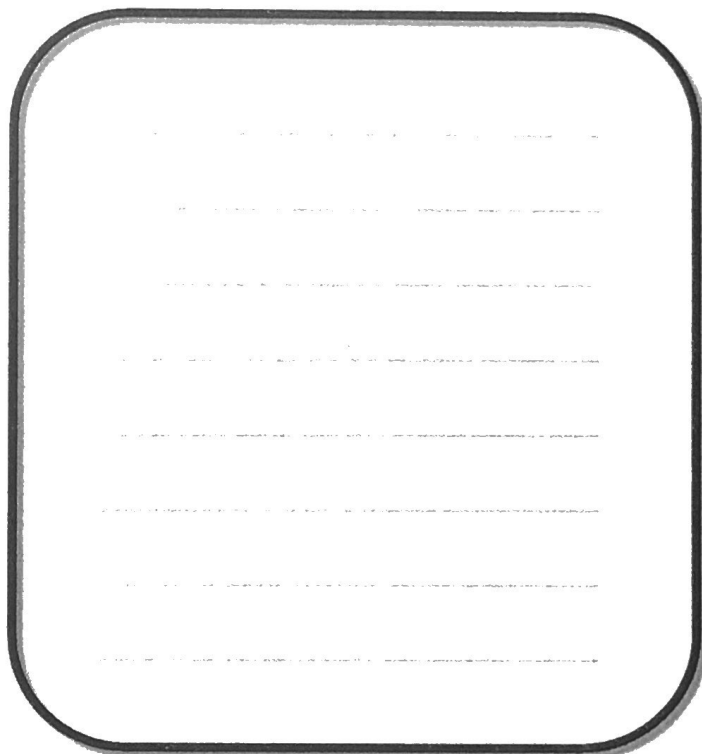
Name: \_\_\_\_\_

2. When I felt \_\_\_\_\_, these thoughts raced through my head:

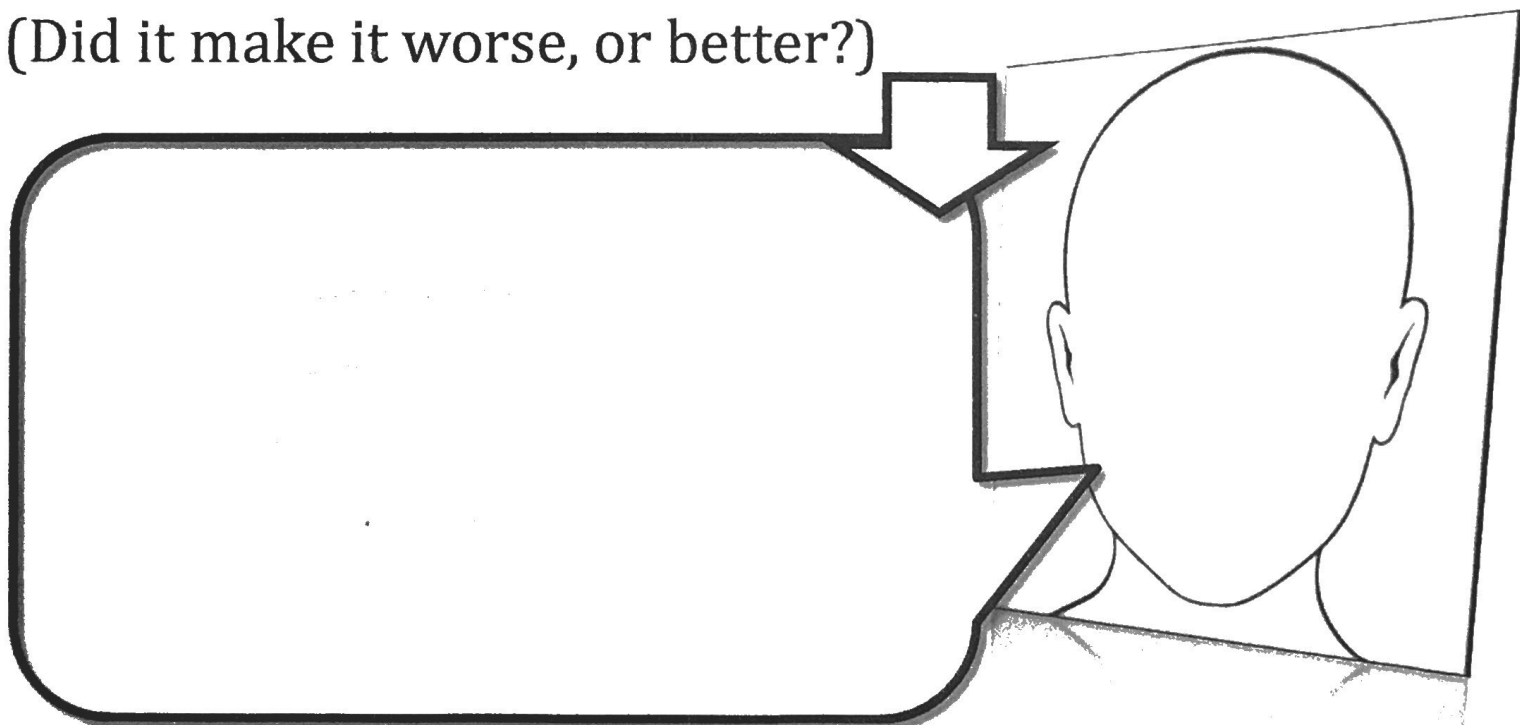


Name: \_\_\_\_\_

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



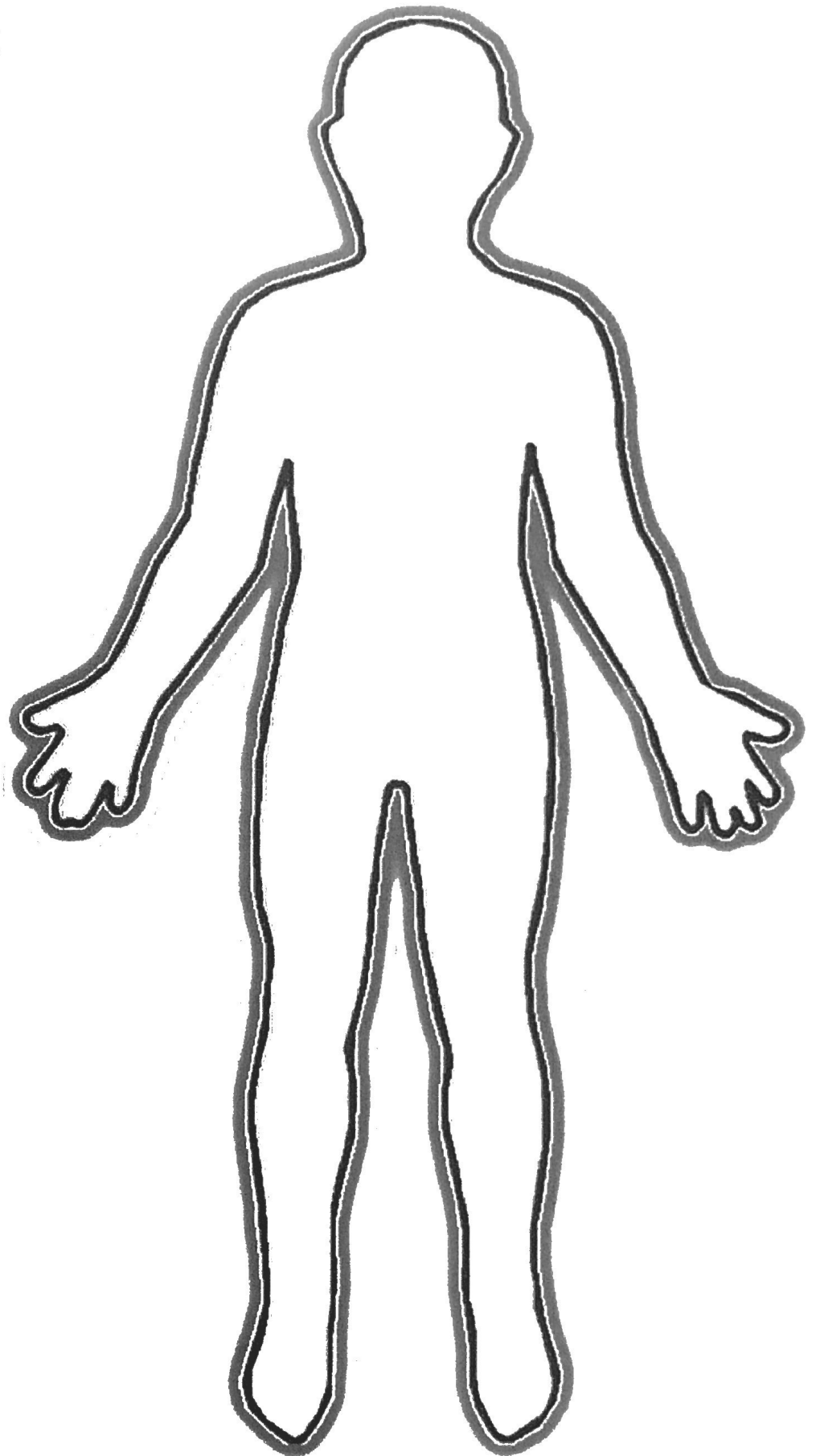
4. While I felt \_\_\_\_\_ here is what I SAID.  
(Did it make it worse, or better?)



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5. People can get upset in their bodies.

Put an **X** on the places that felt bad or different when you were upset.

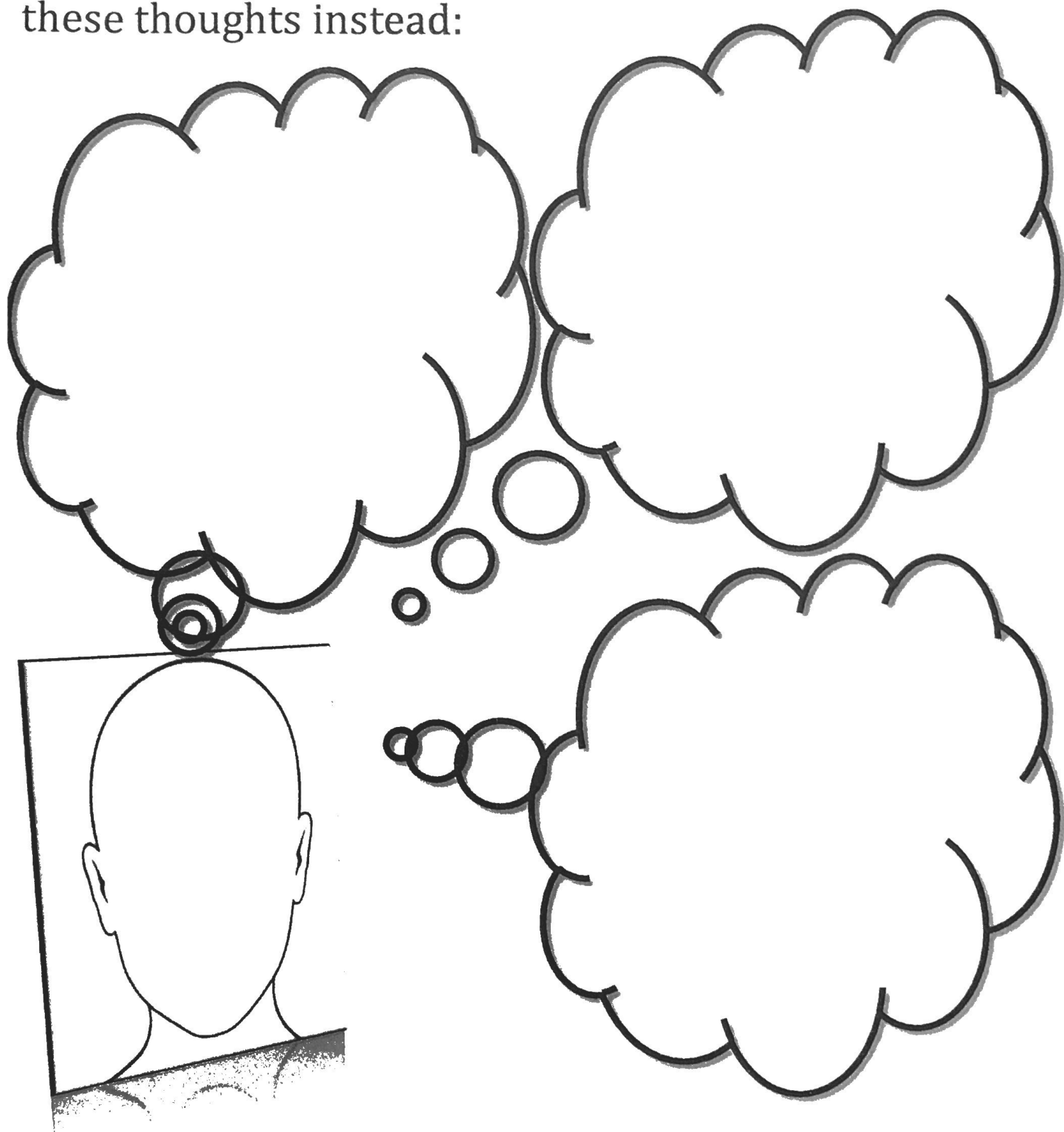


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# How to deal with it when I feel

\_\_\_\_\_

6. To fight the upsetting thoughts, I could have tried these thoughts instead:



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

7. When I felt \_\_\_\_\_, here are some better things I could have SAID:

To get help:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To let someone know how I feel:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

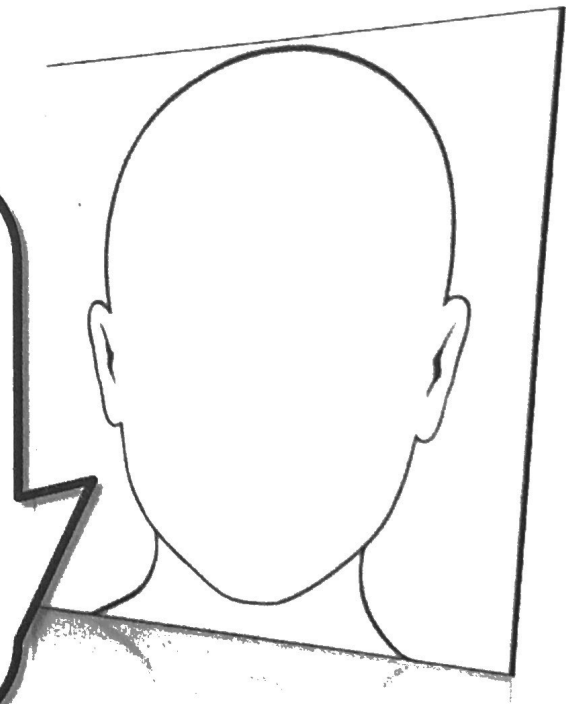
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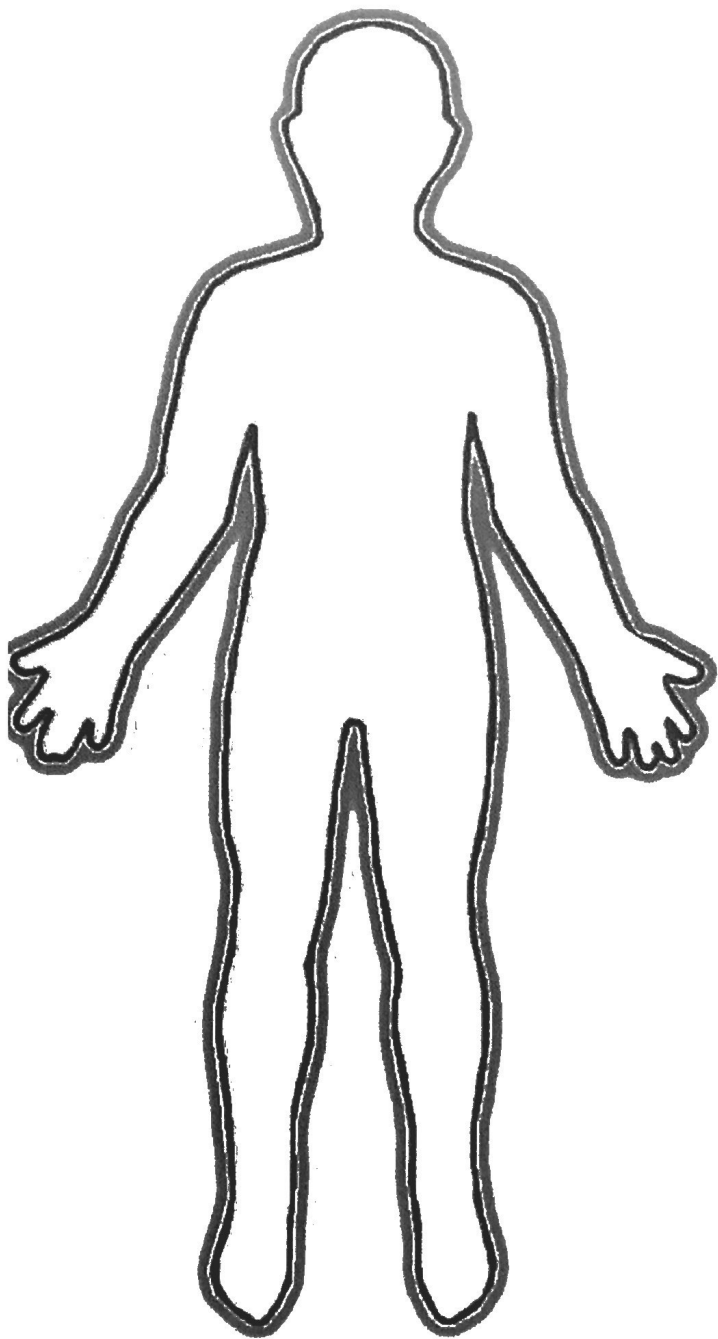
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Name: \_\_\_\_\_

9. Sometimes people can calm down their bodies when they are upset.

Think about the time you were upset. What things could you have done to calm down your body?



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