

MY FEELINGS

This week, I have felt like this: (Circle any that are true)



Happy



OK



Sad



Angry



Worried



Mixed-up



Other: _____

If I felt happy,
it was because:

If I felt sad,
it was because:

If I felt angry,
it was because:

If I felt worried,
it was because:

1/7



People notice how I'm feeling:

Always Sometimes No one notices



If always or sometimes, who notices?

After getting help, I feel:

Better A bit better Still not OK

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