



My Feelings Workbook

Name: _____

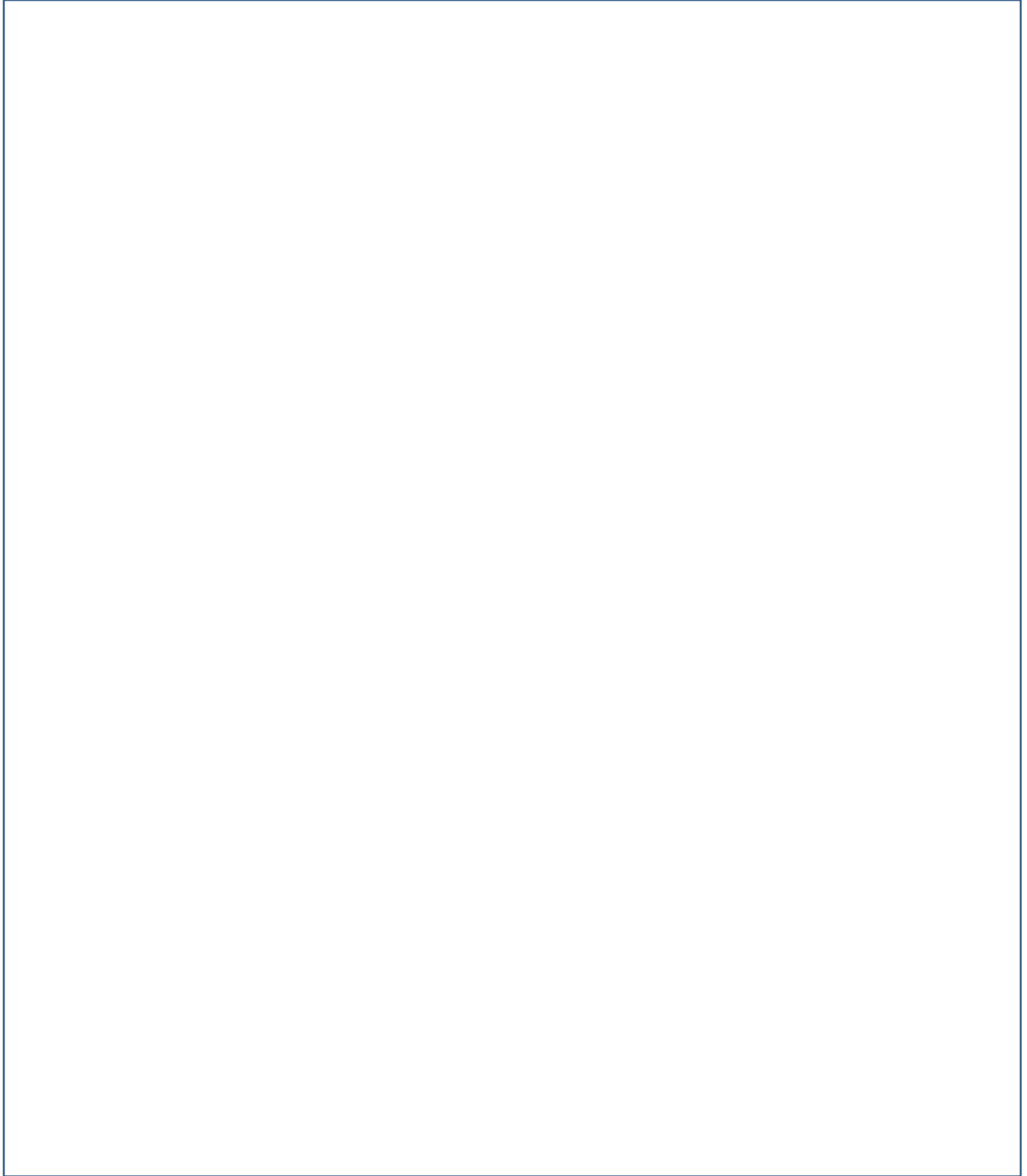


This is where I can keep my upset feelings:

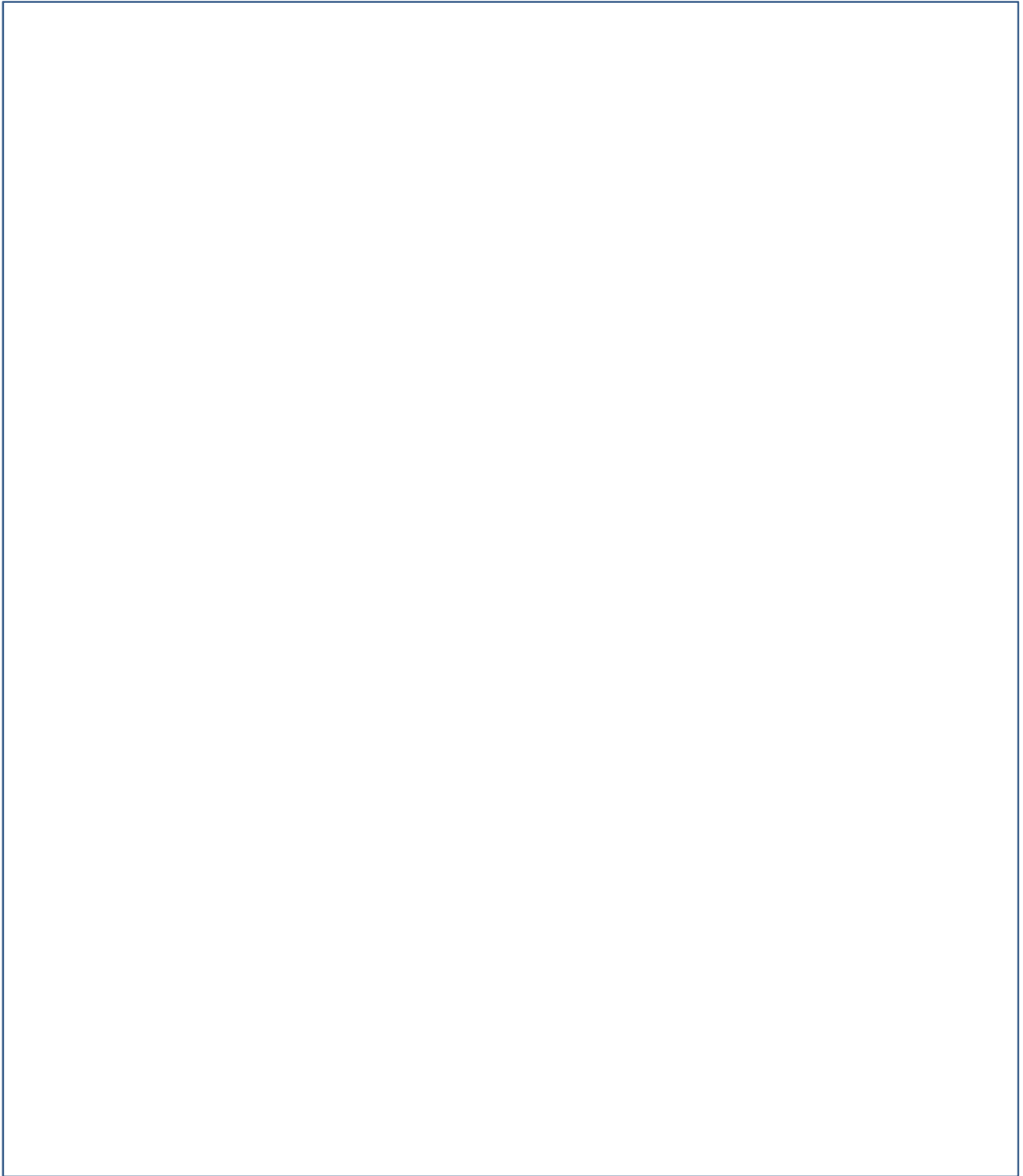
A large, empty rectangular box with a thin black border, intended for the user to write down their feelings.

This is my SAFE PLACE:

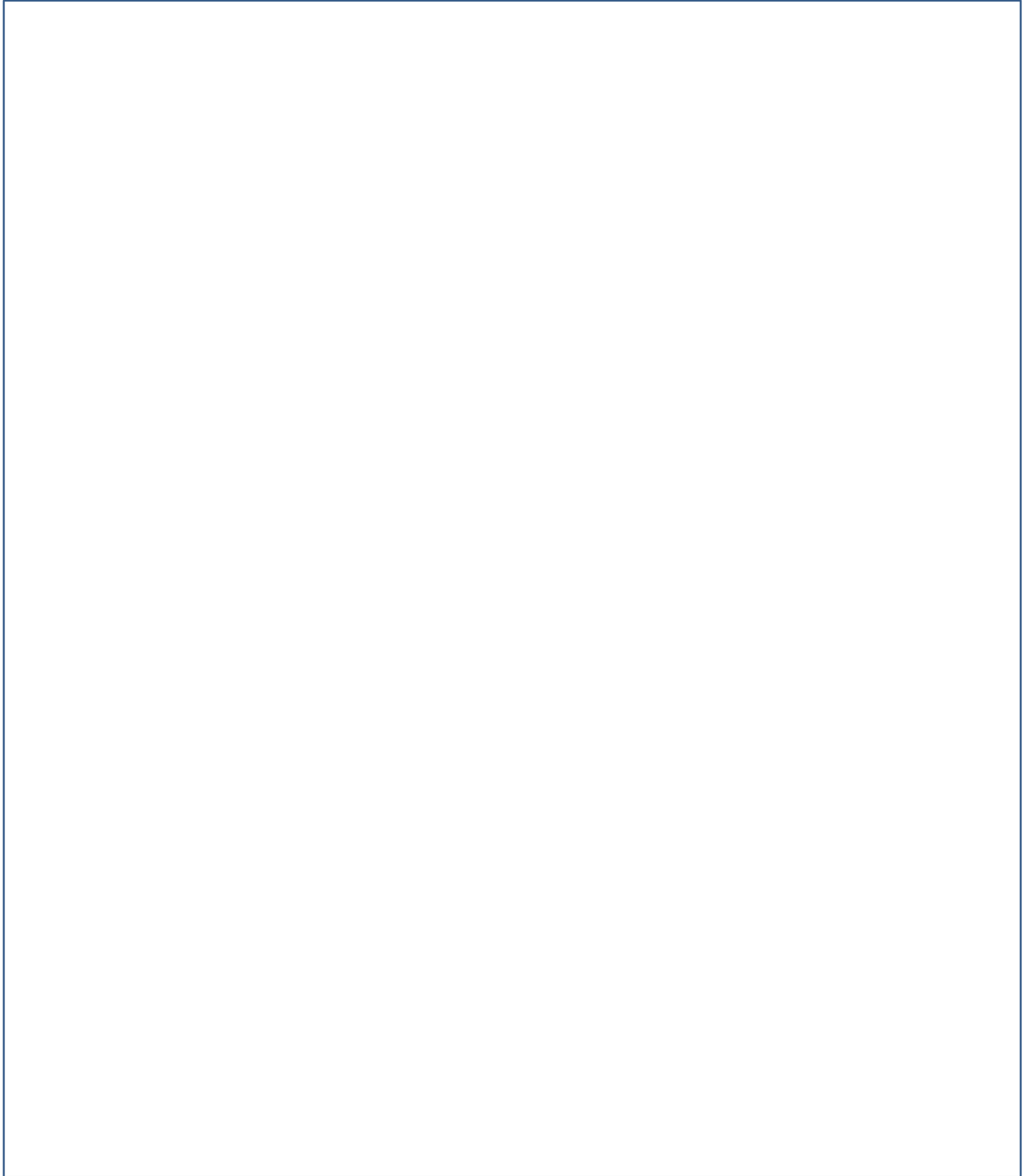
I call it: _____

A large, empty rectangular box with a thin blue border, intended for a child to draw or write about their safe place.

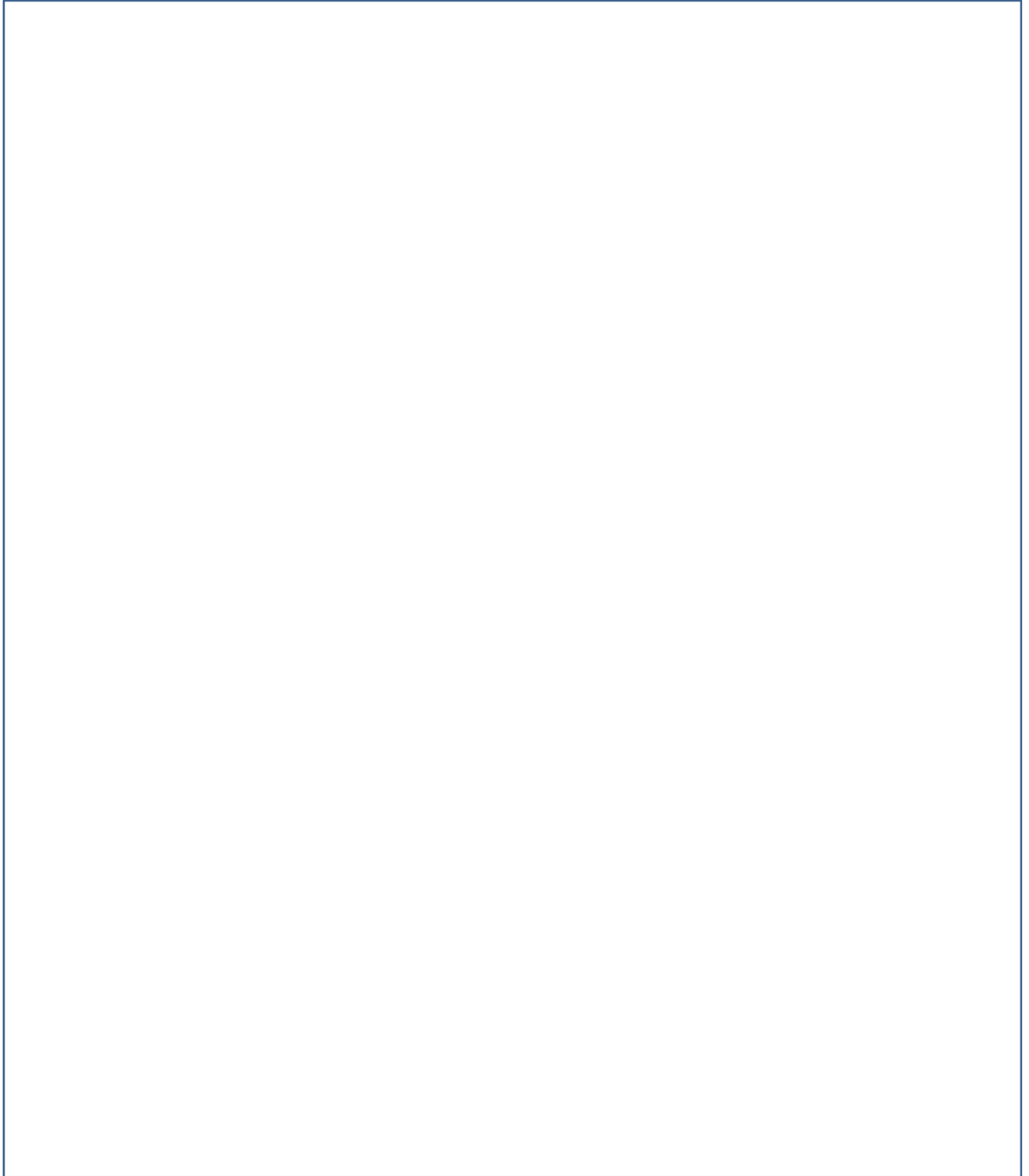
This is what SORRY looks like to me:



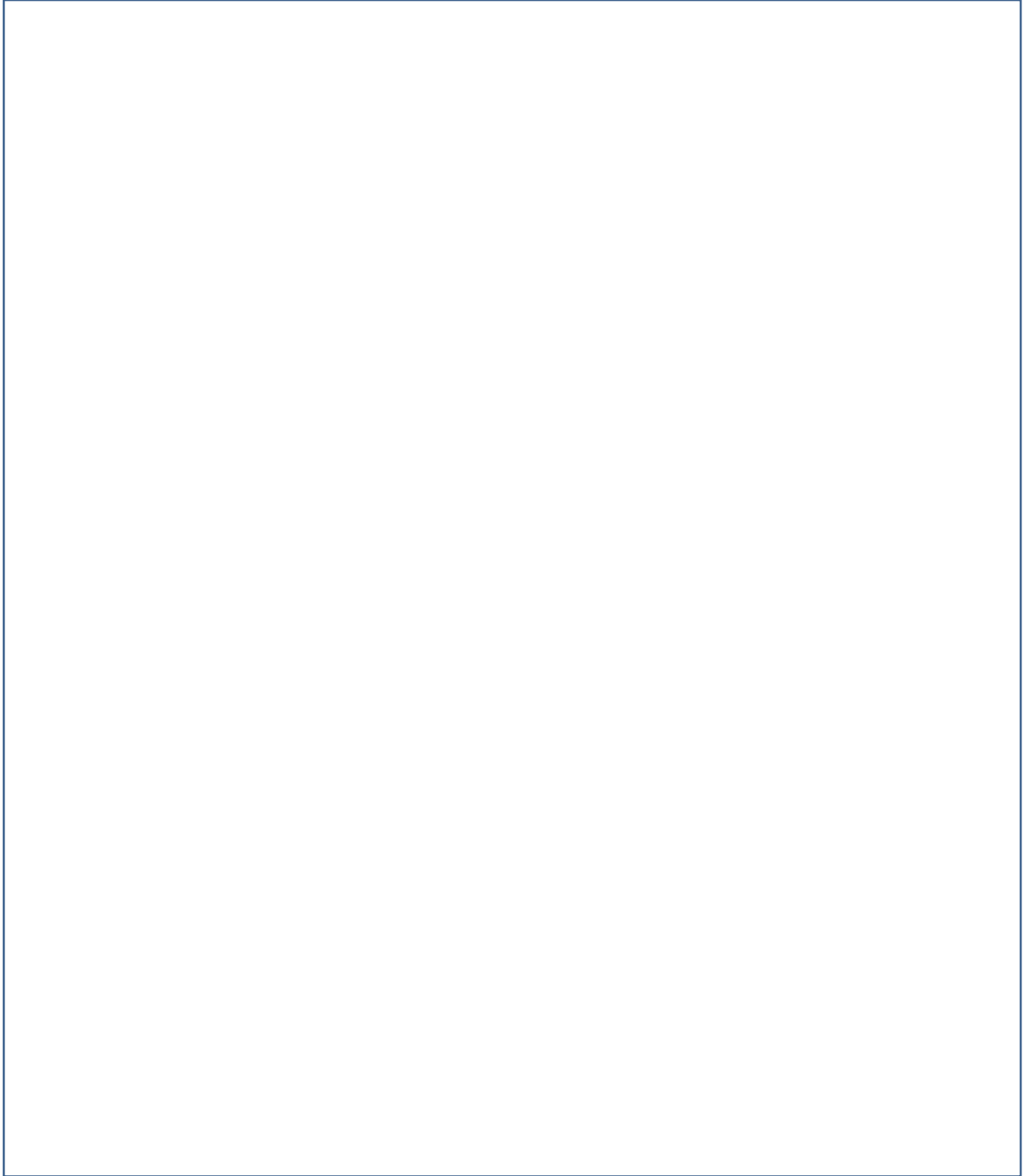
This is what SORRY looks like to me now:



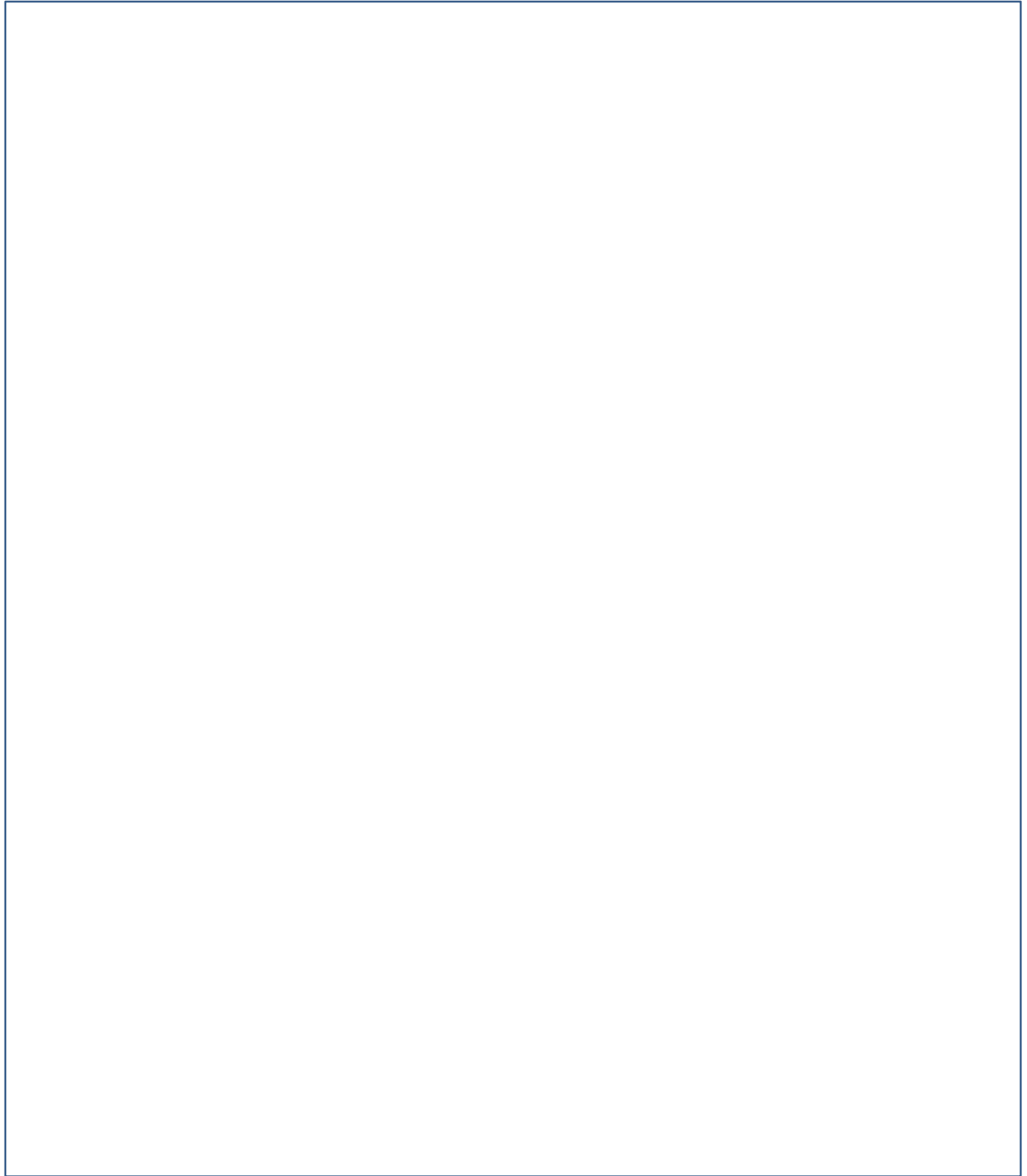
This is what PROUD looks like to me:



This is what PROUD looks like to me now:



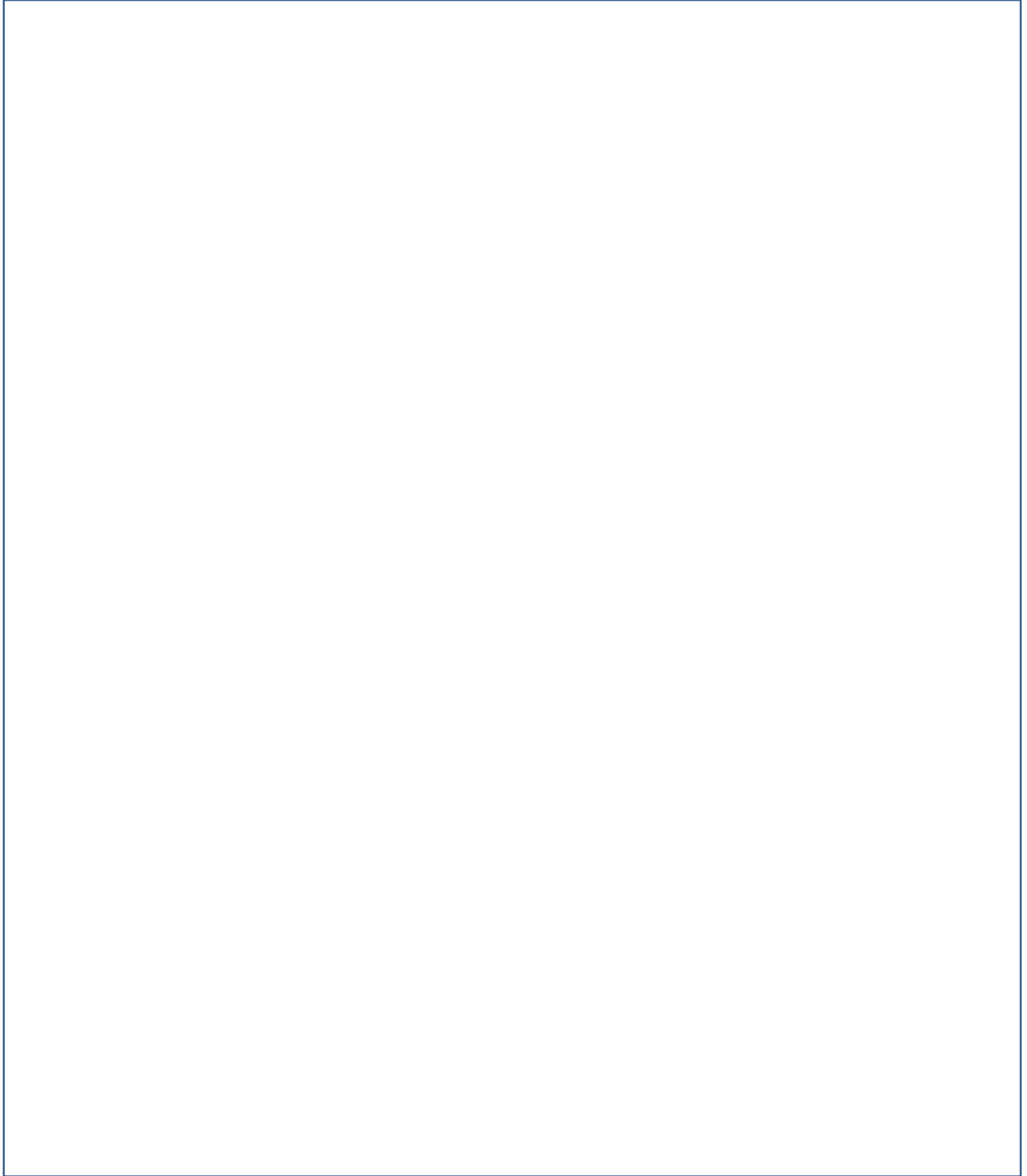
This is what SORRY FOR YOURSELF looks like to me:



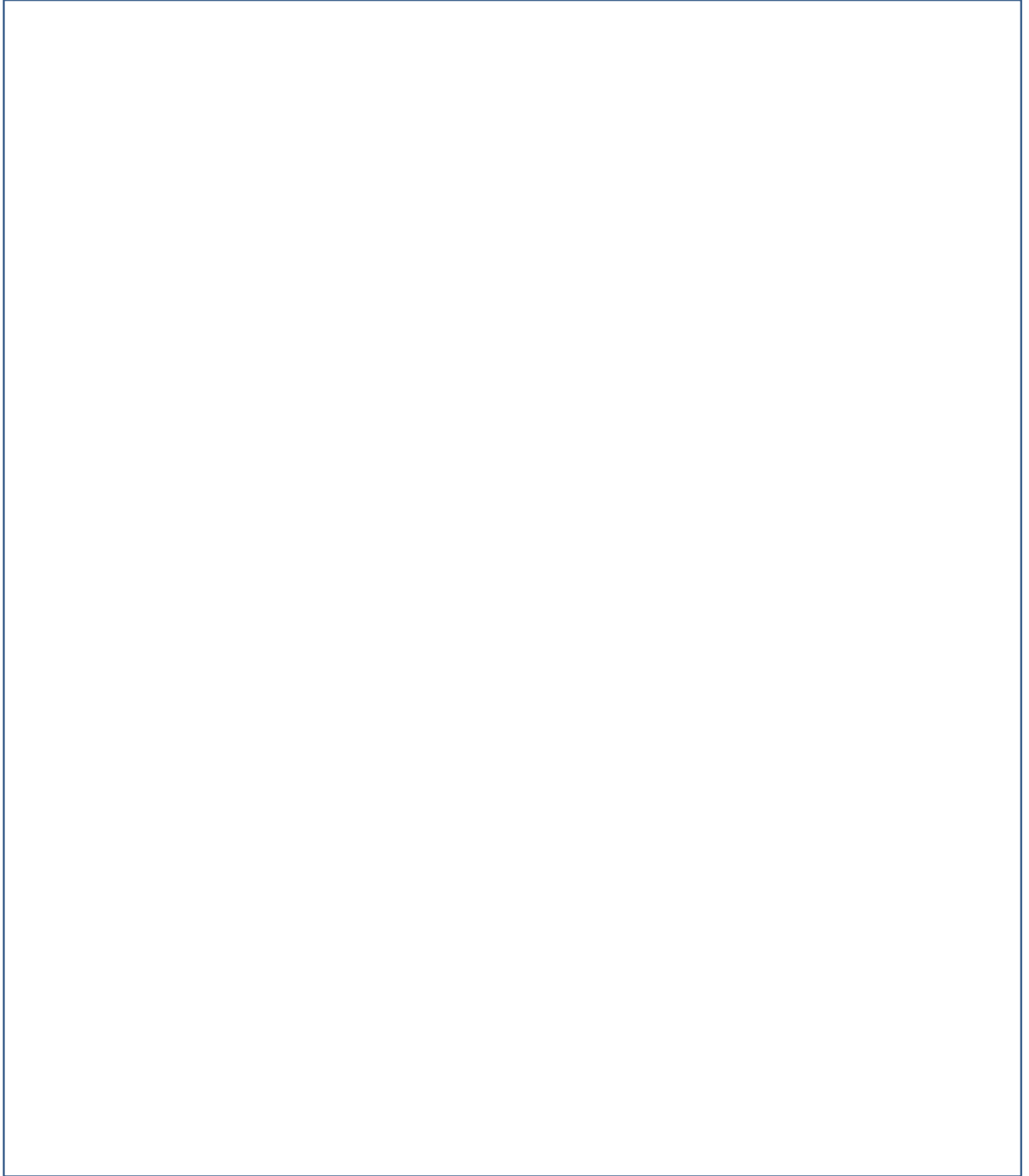
This is what SORRY FOR YOURSELF looks like to me now:



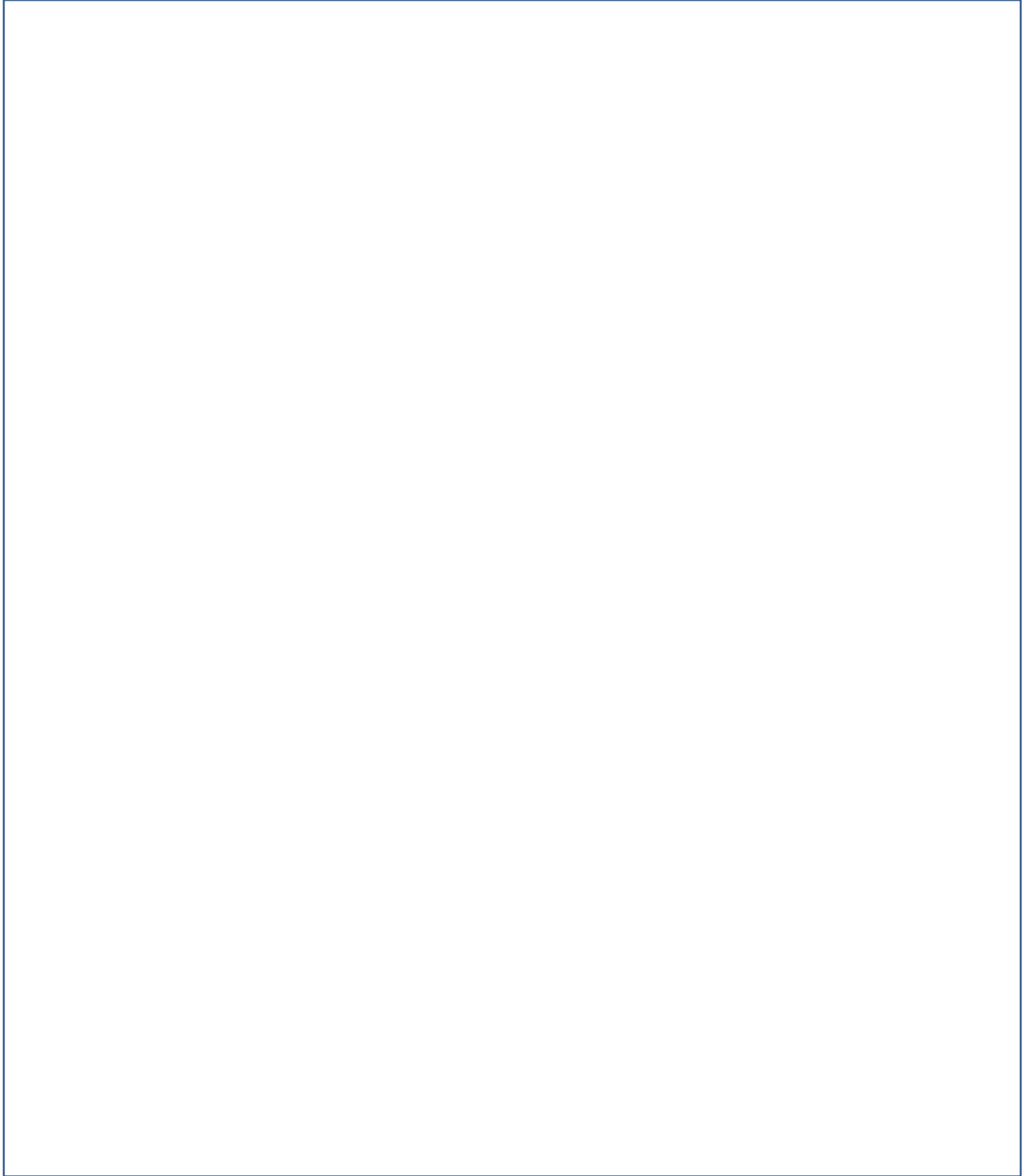
This is what THANKFUL looks like to me:



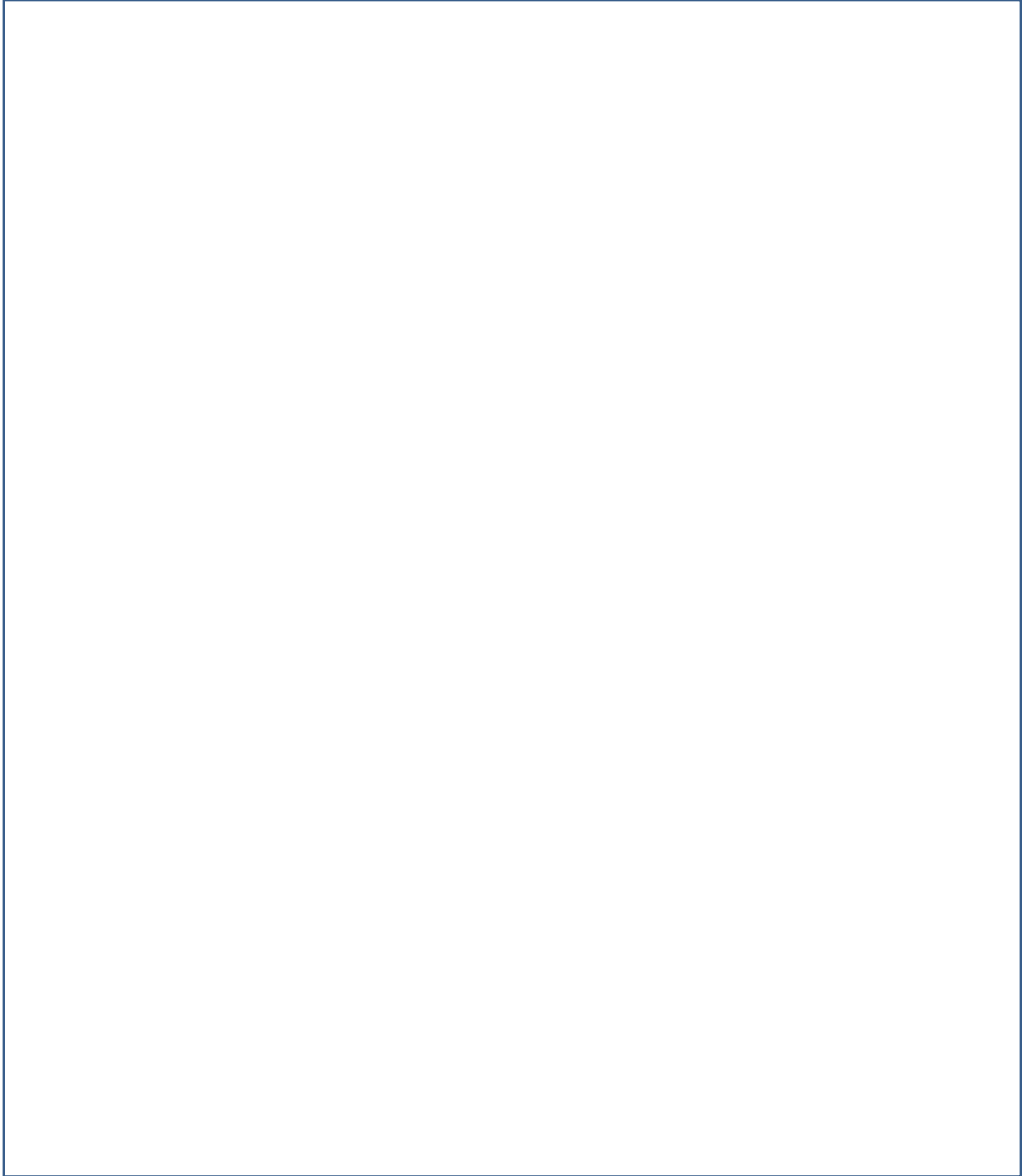
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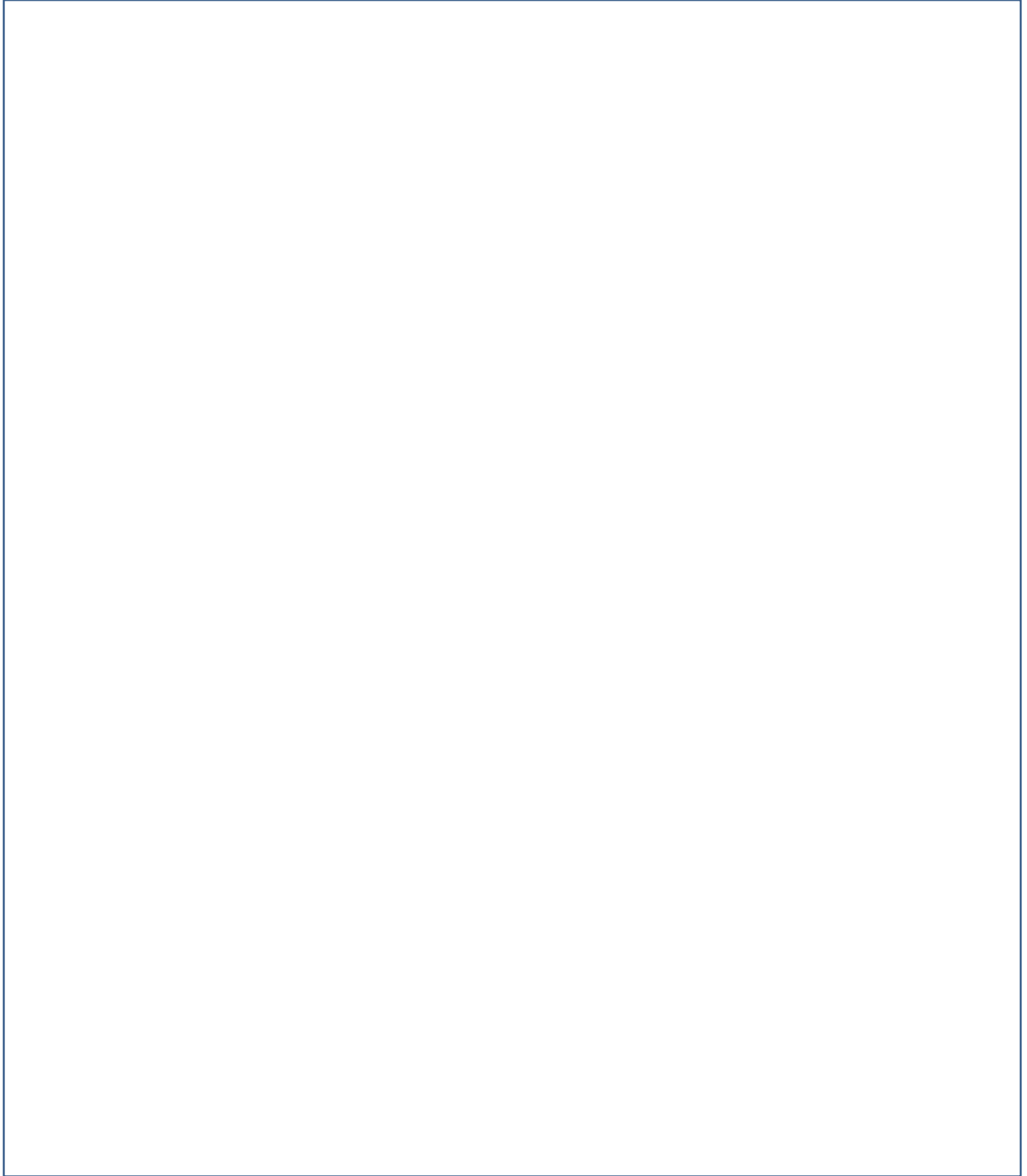
This is what DISGUSTED looks like to me:



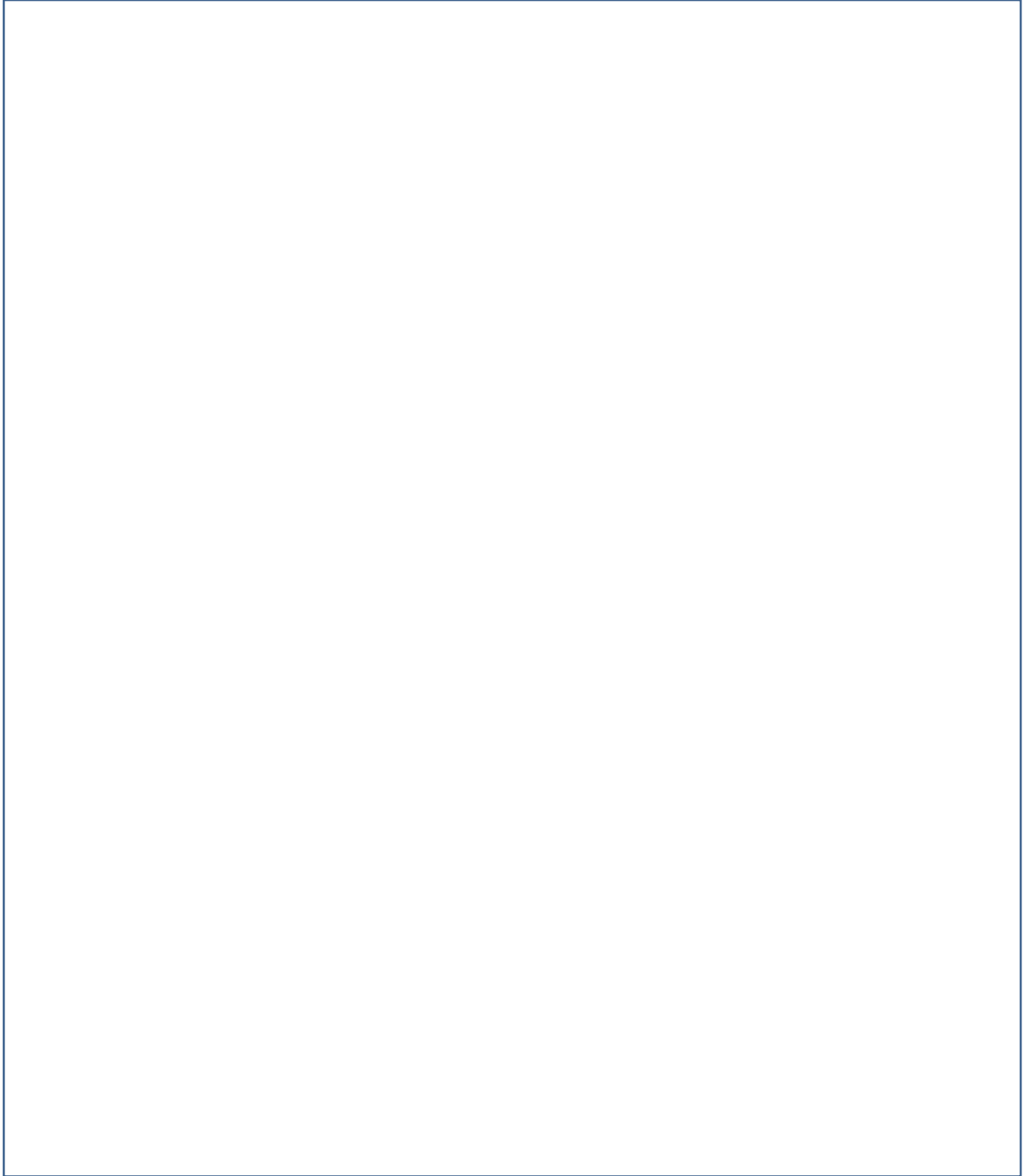
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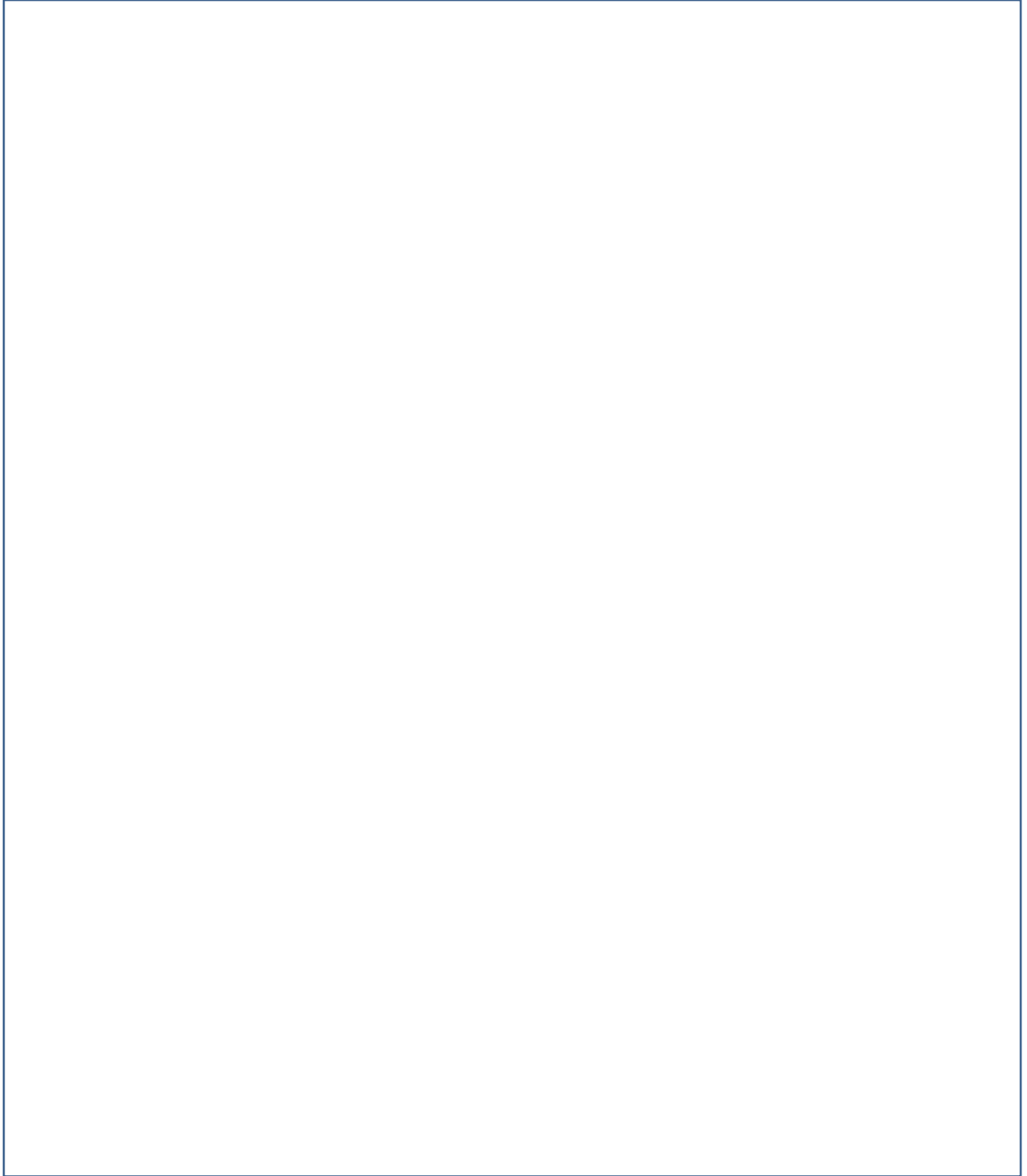
This is what HAPPY looks like to me:



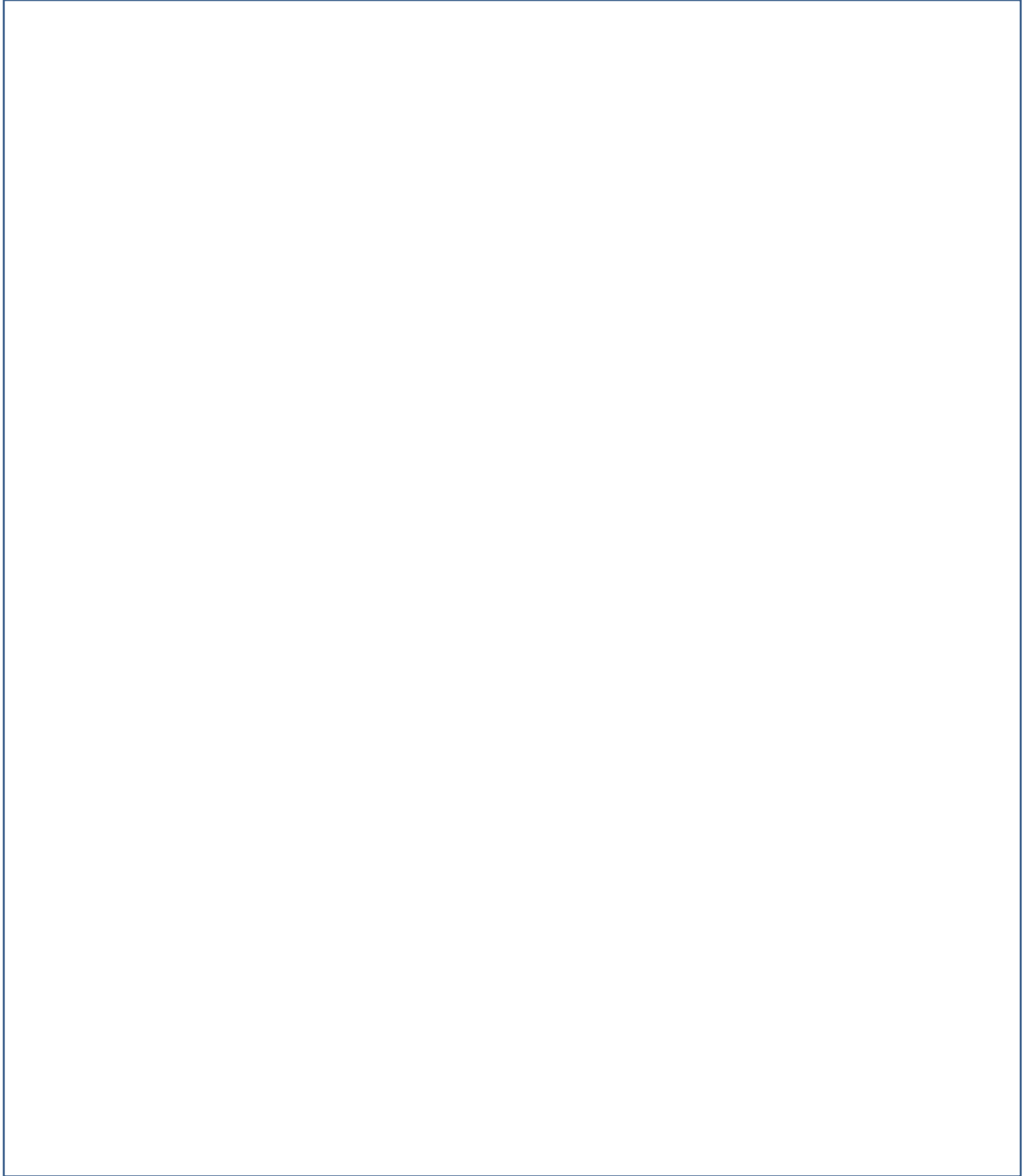
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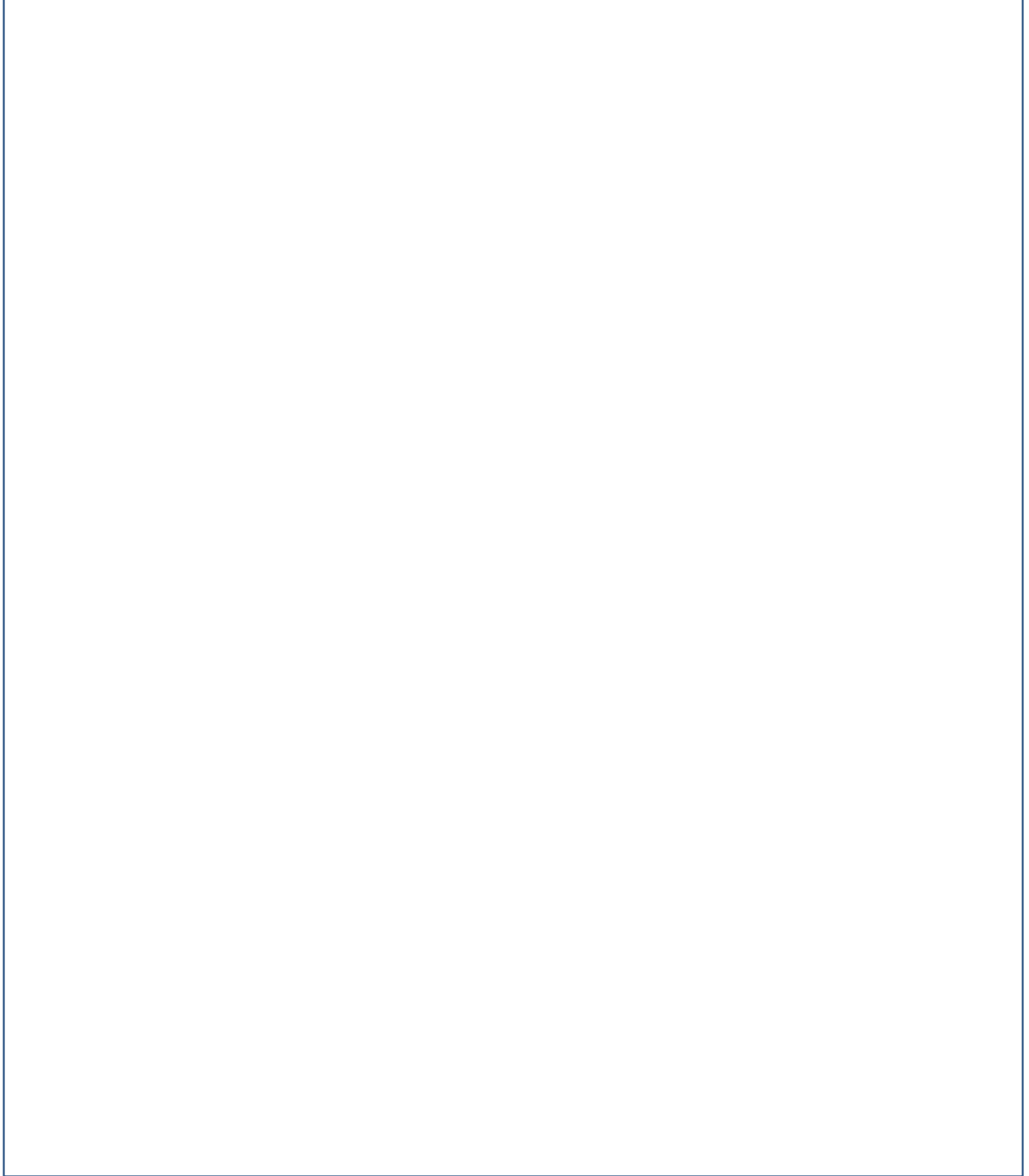
This is what SCARED looks like to me:



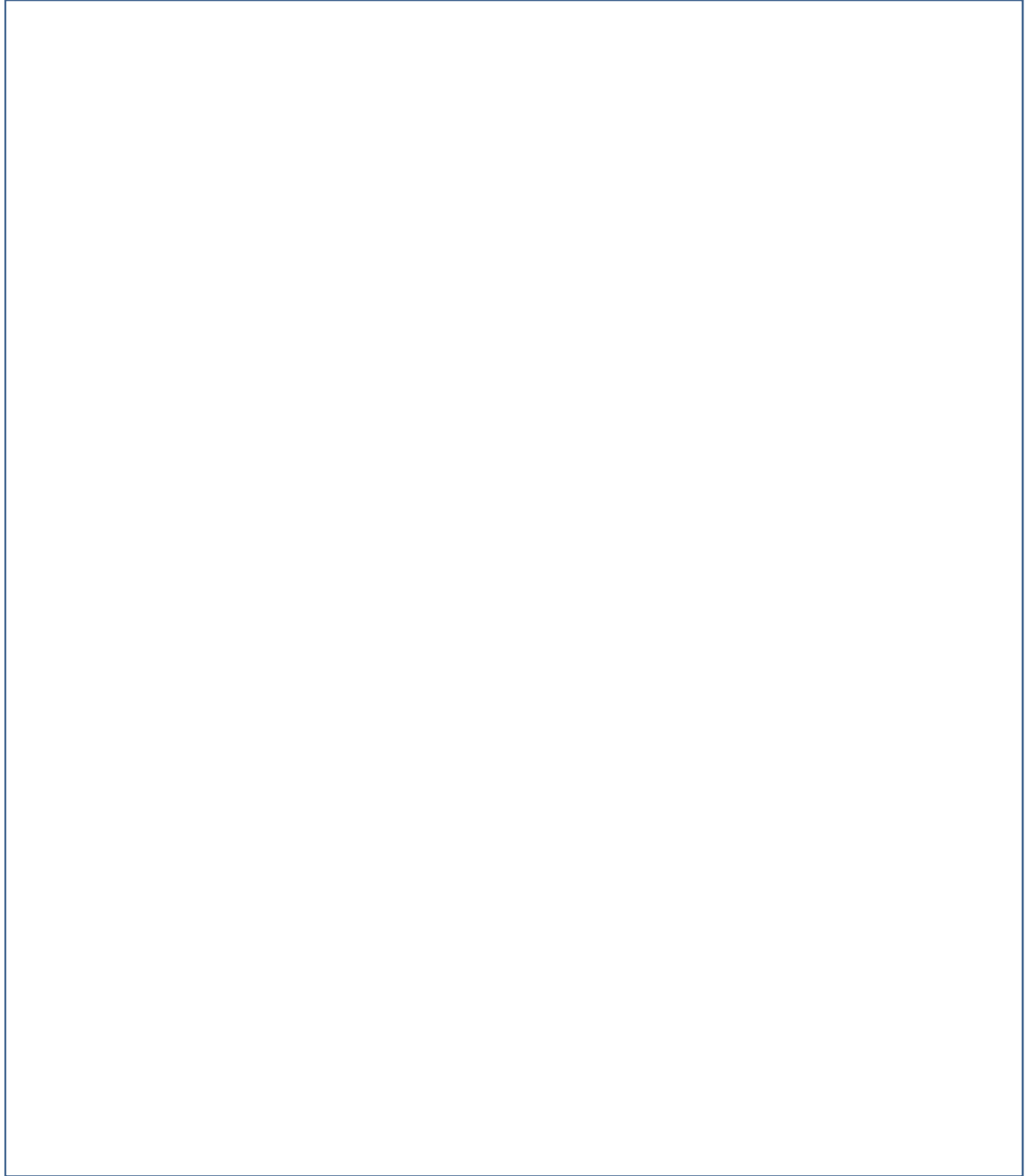
This is what SCARED looks like to me now:



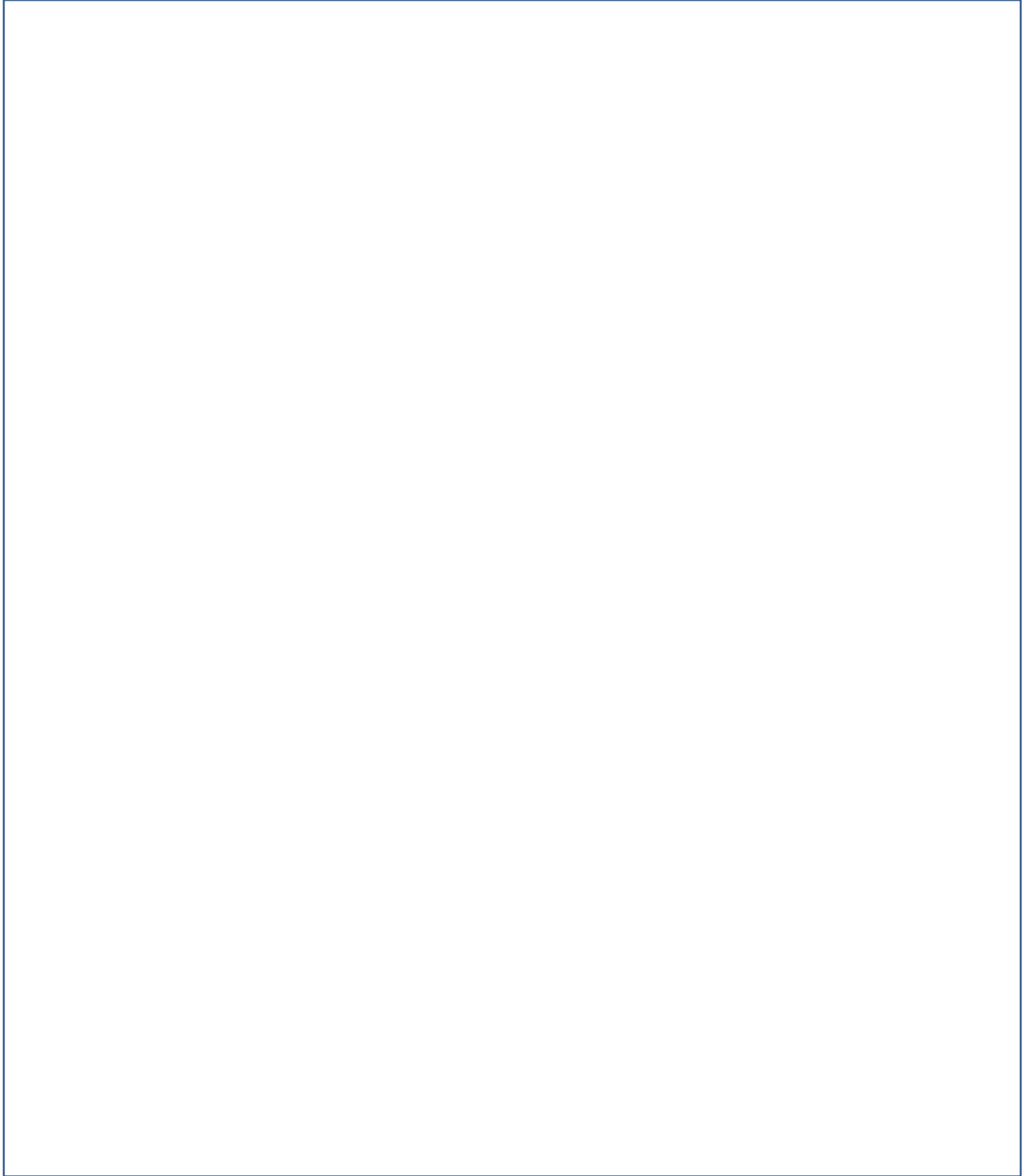
This is what CURIOUS looks like to me:



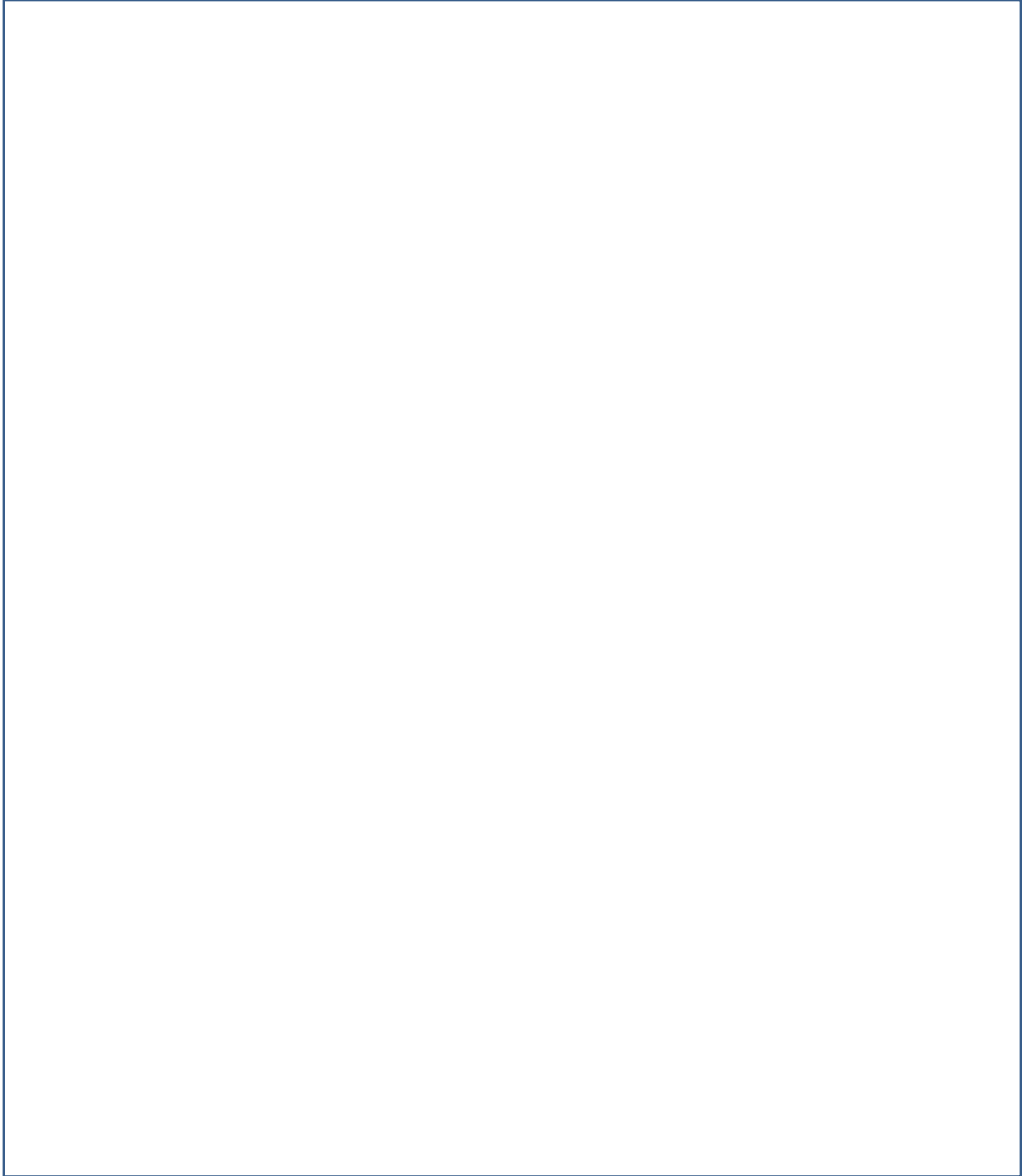
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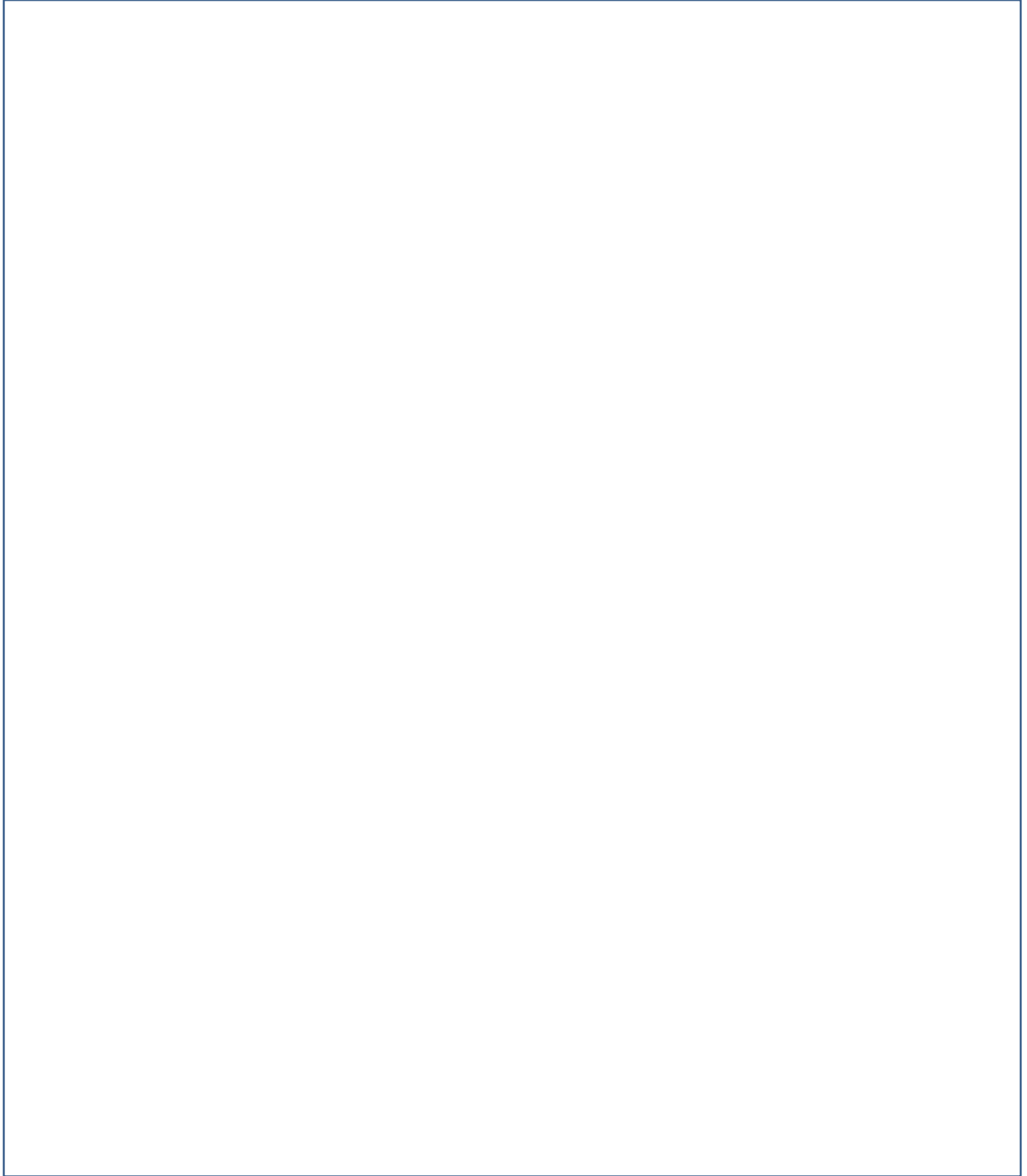
This is what MAD looks like to me:



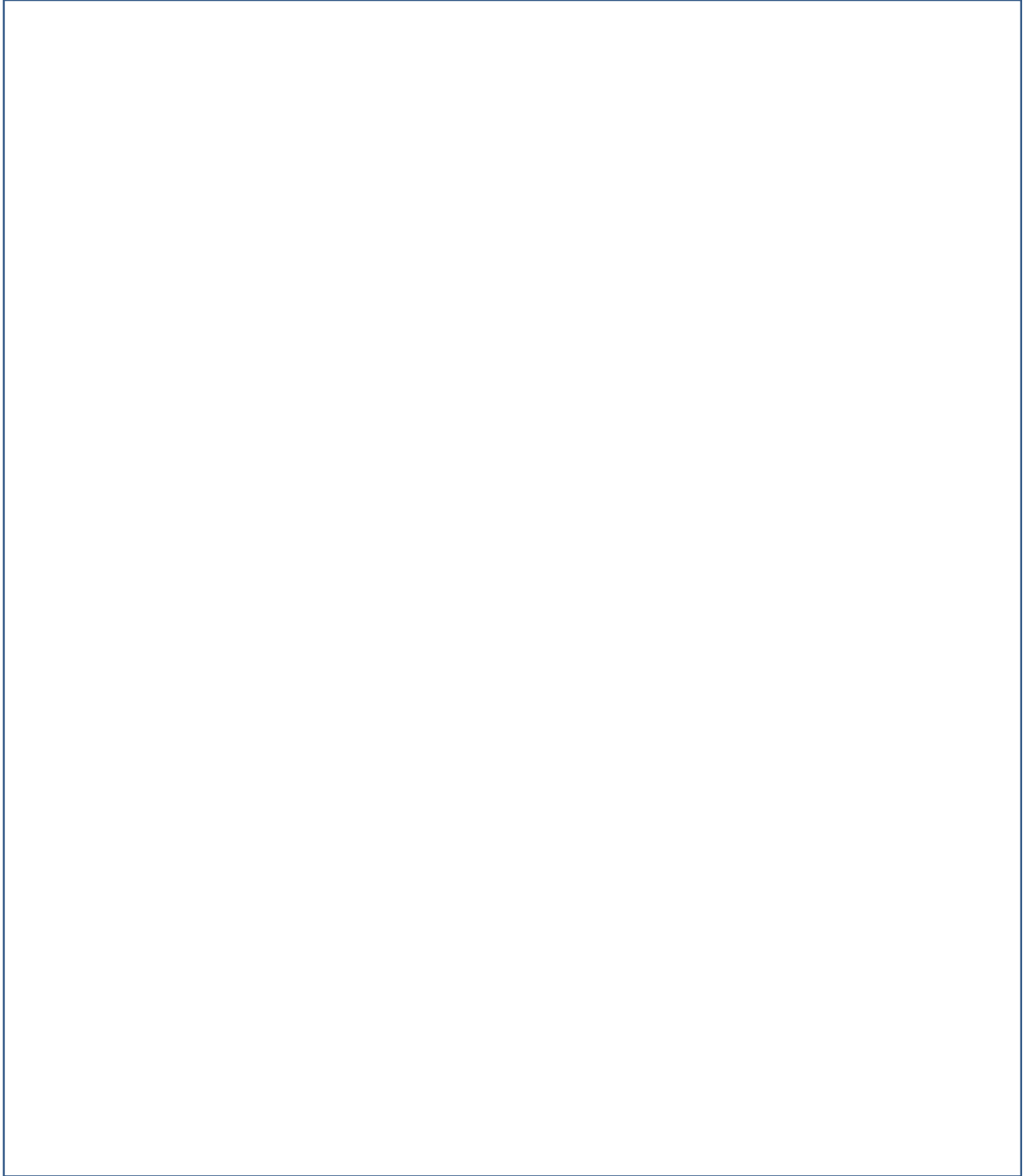
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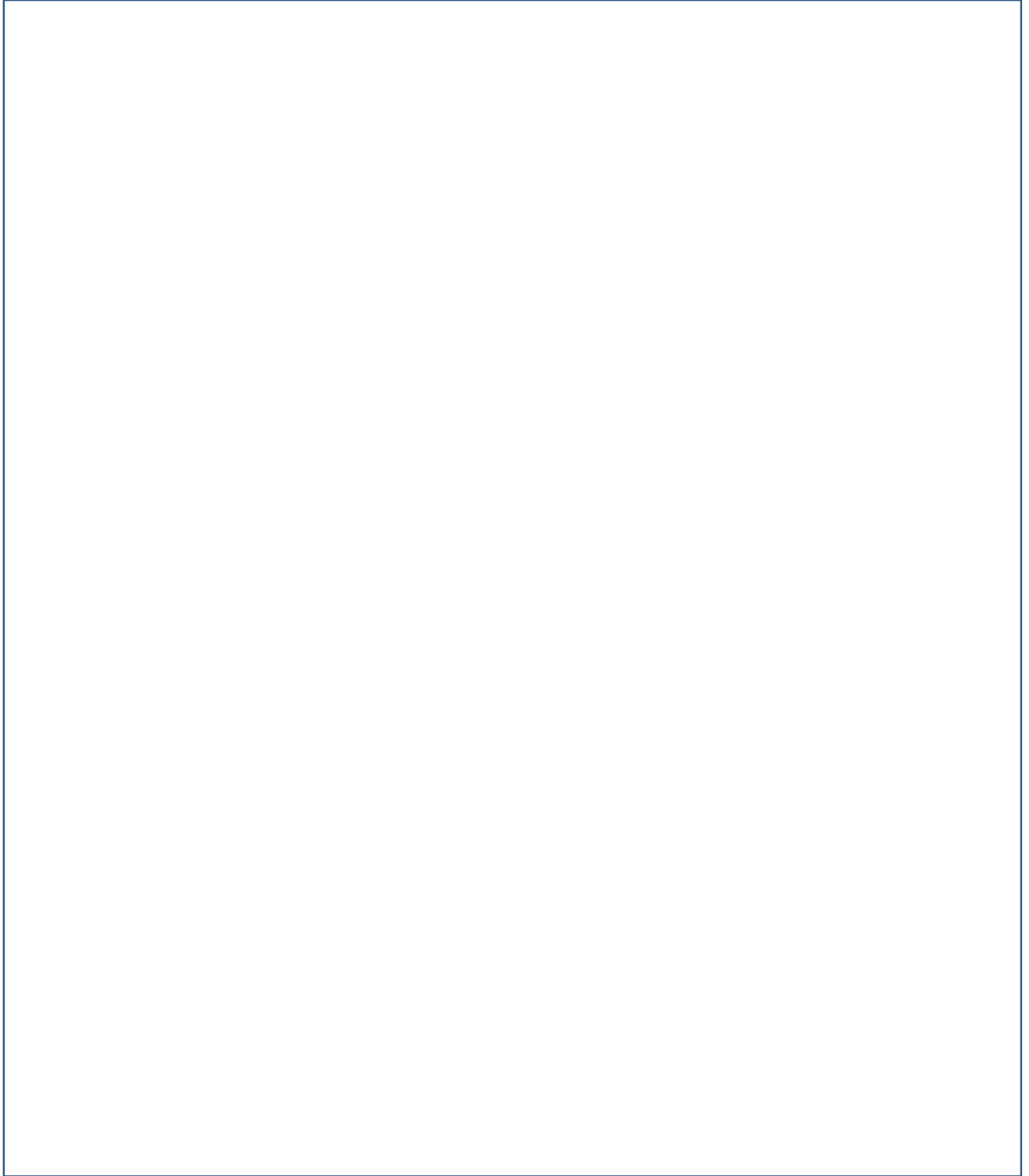
This is what LOVING looks like to me:



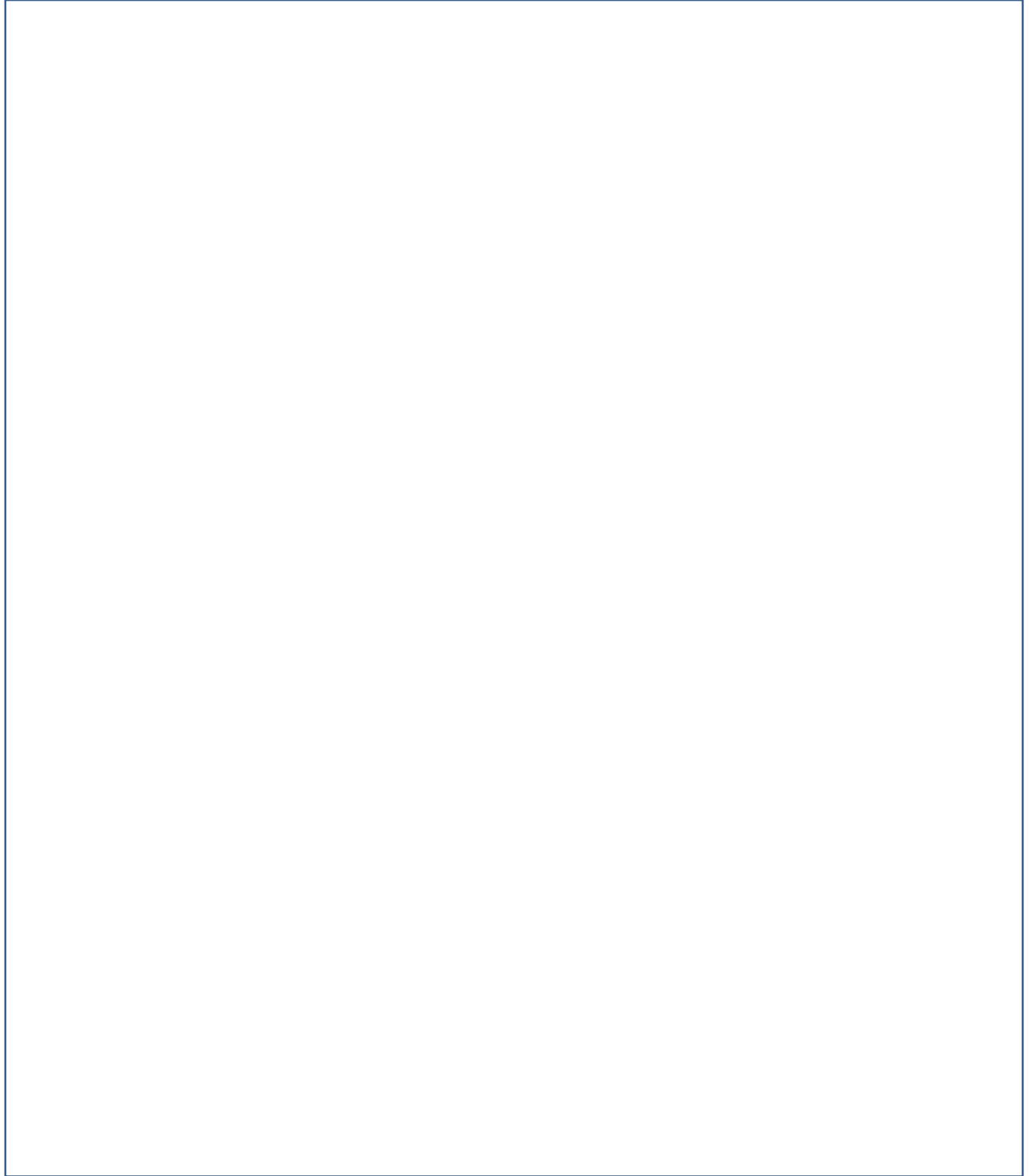
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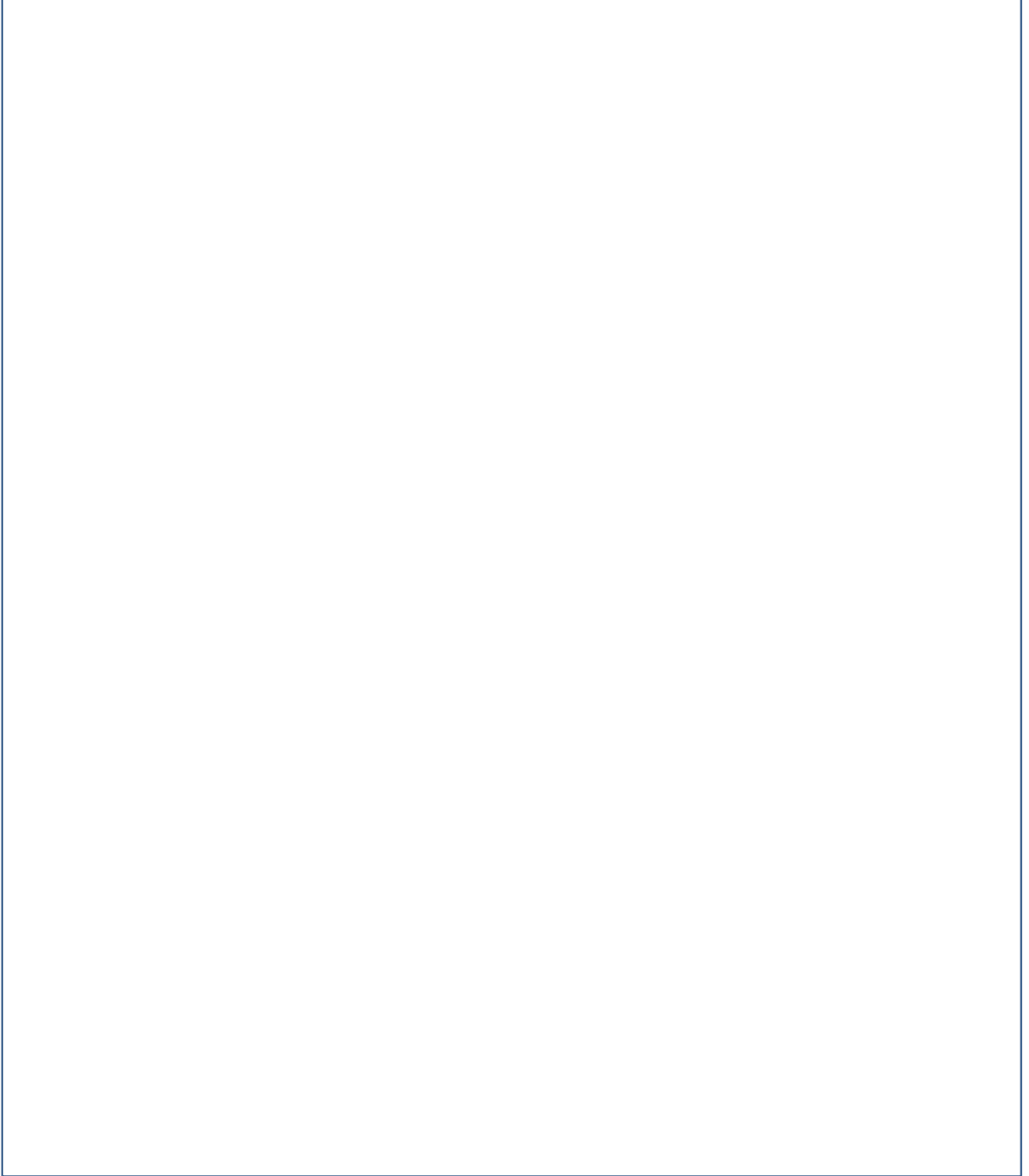
This is what SAD looks like to me:



This is what SAD looks like to me now:



This is what LOVED looks like to me:



This is what LOVED looks like to me now:

