Befriending ★BIG Feelings★

1. When...
   ...I feel...

2. When...
   ...I feel...

3. When...
   ...I feel...

4. When...
   ...I feel...

5. When...
   ...I feel...

6. When...
   ...I feel...

7. When...
   ...I feel...

8. When...
   ...I feel...

9. When...
   ...I feel...

10. When...
    ...when I...

11. When...
    ...when I...

12. When...
    ...when I...

- lonely
- angry
- happy
- guilty
- scared
- jealous
- embarrassed
- proud
- frustrated
- sad
- excited
- disappointed

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