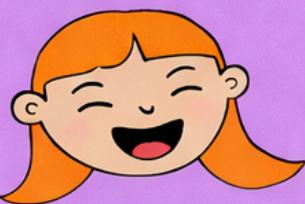


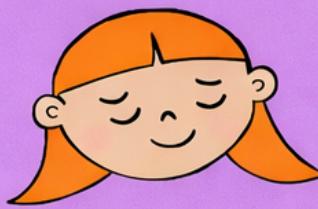
What Am I Feeling?



Upset



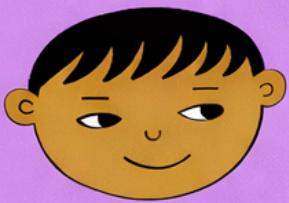
Happy



Comforted



Heartbroken



Understood



Hurt



Dissappointed & Angry



Frustrated & Angry



Relieved



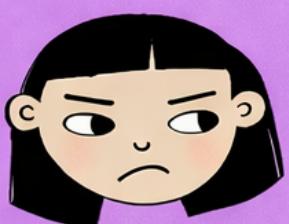
Afraid



Scared & Angry



Left out



Annoyed



Worried



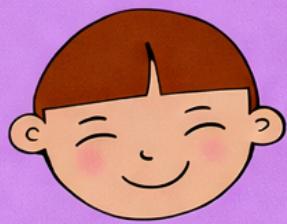
Sad



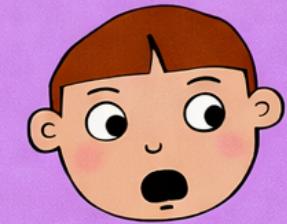
Unsure



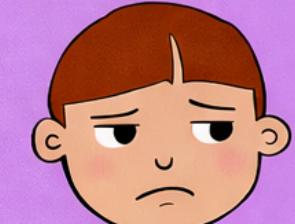
Overwhelmed



Loved



Shocked & Angry



Disappointed.

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Illustration by Faith R. Beck, Ph.D.

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