

Feeling a Way

What *emotion* are you feeling right now?

Why?

How long has it been?

Describe what happened using the prompts below. Only answer what is asked. There is space for free writing at the end of the worksheet.

Who is involved? What role did they play?

What's your role in the situation? Are you being passive or active?

How are you effected and why?

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Is this a you problem? YES NO

Are there any tangible solutions? YES NO

Can this happen again? YES NO

How could this have been prevented?

What are some possible solutions?

Have you reached out to anyone for support?

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Is this a you problem? YES NO

Are there any tangible solutions? YES NO

Can this happen again? YES NO

How can you be supported?

How are you supporting yourself through this?

Have you reached out to anyone for support?

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List possible solutions here.

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FUCK THIS

Fuck all of this...





F*CK THIS

Fuck all of this...





F*CK THIS

Fuck all of this...

