

Something happened

1

A person said, "You are mean."

Something happened

1

I have zero dollars.

Something happened

1

I forgot to do my homework.

Something happened

1

I don't want to go
to class.

I could think...

2

That is dumb.

I could think...

2

That shouldn't
happen.

I could think...

2

I can choose
what happens
next.

I could think...

2

It's okay to
have feelings
about this.

Something happened

1

Something happened

1

Something happened

1

Something happened

1

I could think...

2

I could think...

2

I could think...

2

I could think...

2

When I think that, I feel....

3

Mad

When I think that, I feel...

3

Sad

When I think that, I feel...

3

Frustrated

When I think that, I feel...

3

Ashamed

When I think that, I feel...

3

Powerful

When I think that, I feel...

3

Strong

When I think that, I feel...

3

Smart

When I think that, I feel...

3

Calm

When I think that, I feel....

3

When I think that, I feel...

3

When I think that, I feel...

3

When I think that, I feel...

3

When I think that, I feel...

3

When I think that, I feel...

3

When I think that, I feel...

3

When I think that, I feel...

3