

HOW AM I FEELING TODAY?

Name a feeling you're having and talk it over with yourself like this . . .

Ask yourself, "How am I feeling today?" Then name a feeling you're having. Next, talk it over with yourself. Your talk might go something like this:

Say: "I'm feeling sad today."

Ask: "Why am I feeling sad? What's happened that I feel sad about?"

Say: "I'm feeling sad because I had an argument with my dad last night."

Ask: "What can I do about my sad feeling?"

Say: "I can talk to my dad about the argument."

Sometimes you can't change a feeling but talking it over with yourself is better than locking it up inside.

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