

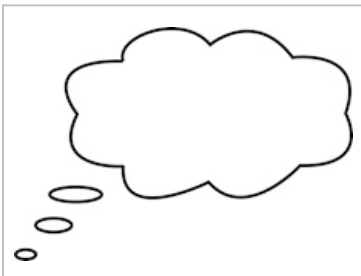
Bad times



one situation I found **hard**

what happened?

what did I **do**?



what did I **think**?

Cut out and
paste a picture
of how you felt

how did I **feel**?