



Remember, your feelings can effect your behaviors. Write down what you were feeling and what action you took to make yourself **feel better**.

Actions I Took to Try to Feel Better:

I felt _____, so I _____

I felt _____, so I _____

I felt _____, so I _____

I felt _____, so I _____

I felt _____, so I _____

I felt _____, so I _____