

I FEEL.... LETTER

Dear: _____

I feel (circle TWO).....

ANGRY

SAD

ANNOYED

EMBARRASSED

GUILTY

DISAPPOINTED

WORRIED

HURT

I feel (circle ONE).....

ONLY A BIT LIKE THIS

A MEDIUM AMOUNT

REALLY STRONGLY

IT'S A BIG DEAL

IT'S NOT A BIG DEAL

It is kind of about (circle ONE or TWO).....

FRIENDS

FAMILY

SCHOOL

HOW I LOOK

A FIGHT

SOMETHING ELSE

I DON'T KNOW

If it was possible, I would like to (circle ONE or TWO).....

GET A HUG

BE ASKED QUESTIONS

THINK ABOUT OTHER THINGS

TALK MORE

FEEL DIFFERENTLY ABOUT IT

I DON'T KNOW

SOMETHING ELSE

Something else I want you to know is.....(draw a diagram/write 1 point if you can)

From: _____