

Expressing Your Feelings

1. **Know** what it is you are feeling



2. **Decide** if you should:



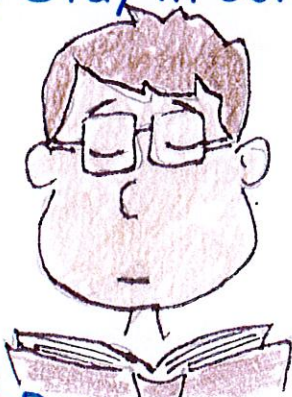
Keep it to Yourself

Tell Someone

★ Calm Your Body

★ Ignore it or
Think about
Something Else

★ Stay in Control

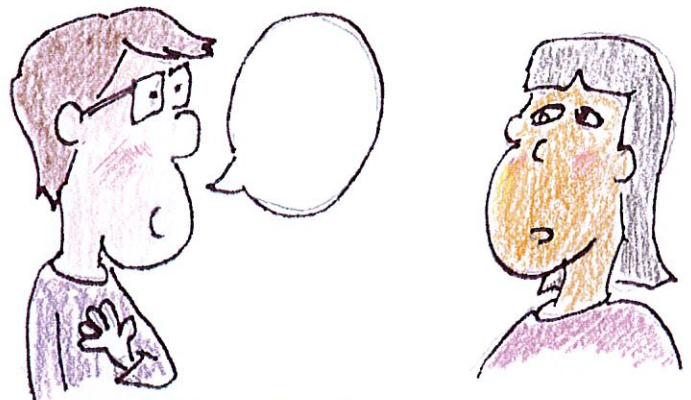


★ Remove yourself/Avoid



★ Decide who to talk to

★ Choose a good time



★ Say, "I'm feeling _____
Because _____"

