

# MY FEELINGS FILES | EXPLORING FEELINGS

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I am feeling...

ALL FEELINGS ARE OK



What are my body signs for this feeling?

SOMETIMES WE DON'T KNOW WHY WE FEEL THIS WAY

I'm feeling like this because...



WE CAN FEEL MORE THAN ONE FEELING AT THE SAME TIME

When I'm feeling like this, something that can help me feel better is...



Someone I can talk to about how I'm feeling is...

FEELINGS ARE LIKE VISITORS

How could this feeling affect the way I act?

