

TELL YOUR STORY

This is what happened:

Before

...and then,

During

...and then,

After

and now... ↪

I feel:



angry scared confused hurt sad O.K. relaxed happy

I want to feel:



angry scared confused hurt sad O.K. relaxed happy

To feel that way, I need:

Someone who can help me to get what I need is:

_____ and/or _____

Now I feel:



angry scared confused hurt sad O.K. relaxed happy