USE AN I-STATEMENT

Vulnerable step 1 Worried Threatened entful LOVE FEAR FEEL Mad • : Offended DISGUSY **}** ← (\mathbf{H}) Frustrated Disappointed defend Annoyed Averse SADIES 6 \odot Startled Overwhelmed Hurt •• Cuilty Pick your feeling. HAPPINES Confused Uninterested Lonely the more specific, Inadequate Amat the better! Confident Socke playful Grateful Peaceful Excited step 2 step 3 WHEN...

What happened that made you feel this way?

Why is this important to you?

BECAUSE...

Embarrassed

Accepted

Gentle

step 4 WHAT I NEED IS...

What do you need?

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