

# Worksheet #1 (Sam S.)

Draw a picture of yourself in the circle. Use the space to write down other feelings you might be having besides anger (use Sam S. as an example).

embarrassed

fired

annoyed

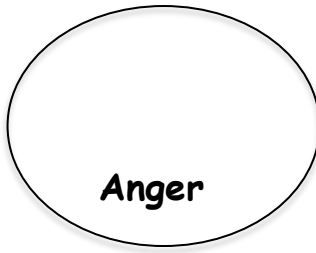


sad



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