

Feelings Reflection

What happened?

How did you feel?



stressed



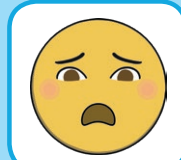
upset



nervous



angry



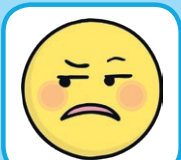
worried



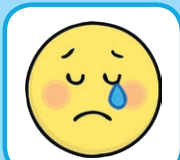
other

What can you do next time?

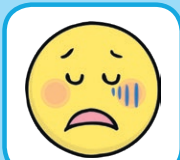
How do you feel now?



stressed



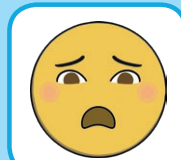
upset



nervous



angry



worried



other

Are you ready to return to the group?

