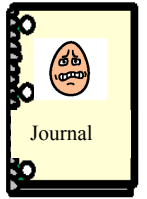


Adult Assisting: \_\_\_\_\_

Name: \_\_\_\_\_

Journal Date/Time: \_\_\_\_\_



I am upset because....



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Who is involved: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_


Here is a picture:




\_\_\_\_\_


ME

\_\_\_\_\_  
(other person's name)

 I am feeling:

 They are probably feeling:

 This is what I want:

 This is what they probably want:

