



Something on your mind?
TELL ME HOW YOU FEEL

To: _____,

I feel: _____

When you: _____

Because: _____

I would like for you to: _____

Sincerely, Later Gator, Your Favorite, Ciao,



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Sometimes putting words to our feelings can be tricky. Is there a problem you'd like to discuss?

Fill in the blanks to help prepare for a sharing conversation.