

# MY FEELINGS JOURNAL

Today I feel:

Date: \_\_\_\_\_



Because:

---

---

Whenever I feel this way, I want to talk to these 3 People:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What I must do with this feeling?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If my feelings are negative, what will make me calm?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What can I tell myself about this feeling?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Happy Cat Journal

**F Rizvi**



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