

***How I Felt In My Family As A Child***  
Please fill in the stem phrases with 1 sentence

I felt:

1) Sad when ...I couldn't be the first one to see my baby brother after he was born

2) Angry when ...My ex boyfriend would enjoy conversations with other girls

3) Happy when ...I love myself and feel loved by others

4) Frustrated when ...I don't get my work done on time

5) Confused when ...I am afraid and feel lost

6) Peaceful when ...I do arts, spiritual work or reading

7) Scared when ...a priest touched me inappropriately

8) Disappointed when ...I didn't get into a theatre program in NY

9) Excited when ...I get to know people on a deeper level

10) Lonely when ...I broke up with my ex boyfriend

11) Rejected when ...a boy chose another girl over me