



INSIDE
OUT



Feelings Booklet.

Name: _____

Date: _____



HAPPINESS IS



...being unable to stop laughing.

for more visit www.youhappyhappy.com

HAPPINESS IS



...friendship

for more visit www.youhappyhappy.com

HAPPINESS IS



...baking a cake.

for more visit www.youhappyhappy.com

These are the Ways I Love to Use my Imagination.

HAPPINESS IS



...being yourself.

for more visit www.youhappyhappy.com



HAPPINESS IS



...the laughter of a child.

for more visit www.youhappyhappy.com

HAPPINESS IS



...following your heart.

for more visit www.youhappyhappy.com

HAPPINESS IS



...freeing a balloon.

for more visit www.youhappyhappy.com

HAPPINESS IS

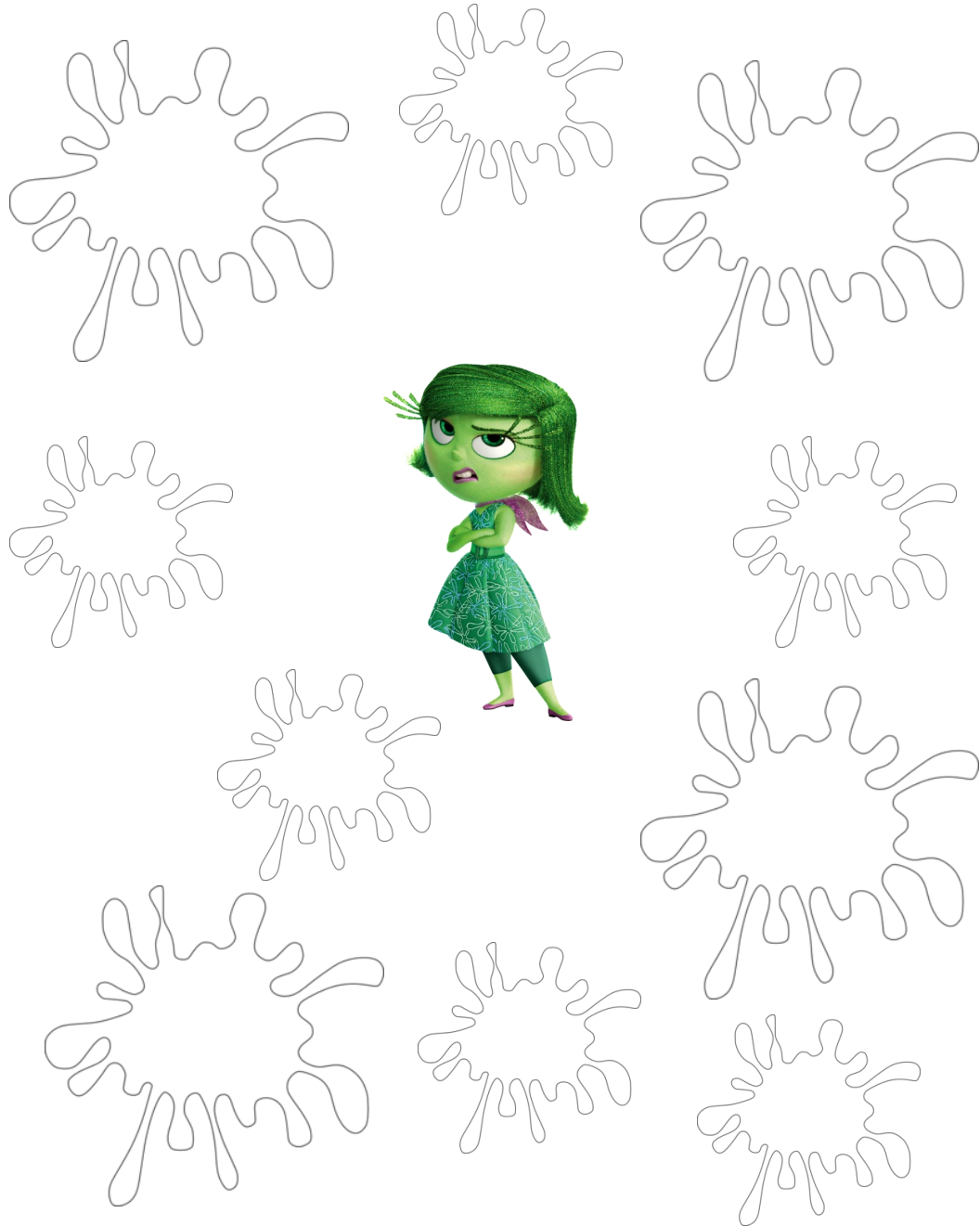


...crafting things.

for more visit www.youhappyhappy.com



Things That I am Disgusted of.



Things That Make me Happy.



Things That Make me Nervous

or Scared.

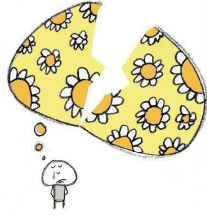
SADNESS IS



...when you're sorry
but it's hard to say.

for more visit www.youhappyihappy.com

SADNESS IS



...broken dreams.

for more visit www.youhappyihappy.com

SADNESS IS



...a friendship
that ends.

for more visit www.youhappyihappy.com

SADNESS IS



...not even getting
a chance to
say goodbye.

for more visit www.youhappyihappy.com



SADNESS IS



...when you
feel alone.

for more visit www.youhappyihappy.com

SADNESS IS



...no hugs.

for more visit www.youhappyihappy.com

SADNESS IS



...when your
pet dies.

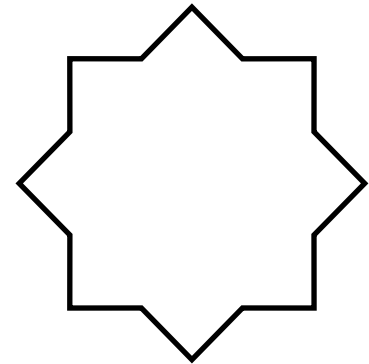
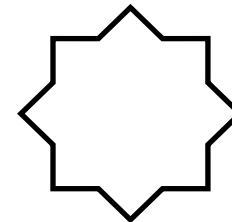
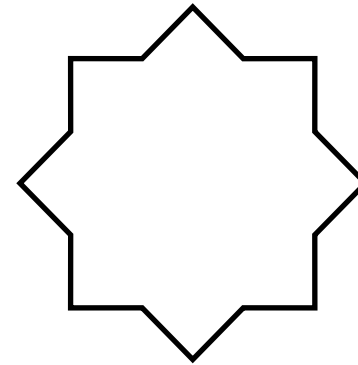
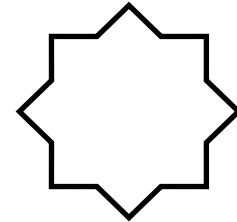
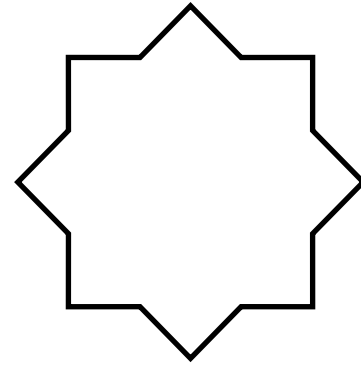
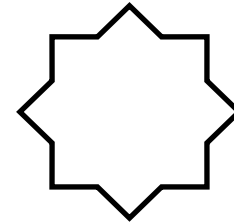
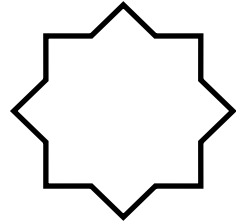
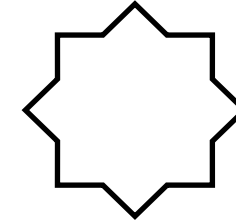
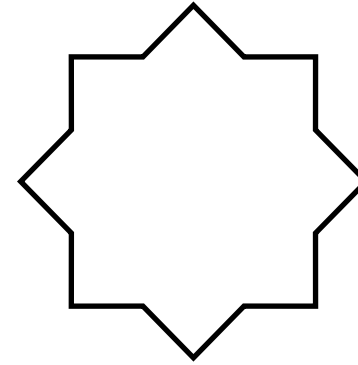
for more visit www.youhappyihappy.com

SADNESS IS



...a fight with
your best friend.

for more visit www.youhappyihappy.com



Things That Make me Sad.

EVERYTHING
YOU WANT IS
ON THE OTHER
SIDE OF FEAR
JACK CANFIELD



I'm this person
that everyone
calls names and
I hate it...

REALITY OF FEAR


- You're not scared of the dark.
You're scared of **what's in it.**
- You're not afraid of heights.
You're afraid of **falling.**
- You're not afraid of the people around you.
You're just afraid of **rejection.**
- You're not afraid of love.
You're just afraid of **not being loved back.**
- You're not afraid to let go.
You're just afraid to **accept the reality that she's/he's gone.**
- You're not afraid to try again.
You're just afraid of **getting hurt for the same reason.**





phongbanana.tumblr.com




Things That Make me Angry.

What to do When You're Angry

1 Ask yourself:
"How does my body feel?" 

2 Try to calm down by:
Taking three deep breaths. 
Counting backward slowly. 
Thinking calming thoughts. 
Talking to yourself. 

3 Think out loud to solve the problem. 

4 Later think and ask yourself:
"Why was I angry? What did I do? What worked? What didn't work? What would I do differently? Did I do a good job?" 