

I feel lonely when...
I love to...
I worry about...
When I feel sad I...
Right now I'm feeling...
I see myself as...
Others see me as...
My biggest fear is...

Other people make me feel...
I want to be able to...
The worst thing about me is...
I get people's attention by...
I feel guilty when...
Today I helped someone by...
I feel rejected when...
I feel anxious when...