

NAME: \_\_\_\_\_



# Talk It Out

When you are feeling sad, confused, angry, worried, excited, or happy, it's important to have someone to talk to. This should be a person or some people with whom you feel comfortable sharing how you are feeling or asking for help or advice.

Some of the people that I am comfortable talking to when I need a good adult listener are:

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|--|---|
| <input type="checkbox"/> My Mom                        | <input type="checkbox"/> My Friend's Mom or Dad                 |
| <input type="checkbox"/> My Dad                        | <input type="checkbox"/> My Minister or Priest or Rabbi or Imam |
| <input type="checkbox"/> My Aunt or Uncle              | <input type="checkbox"/> My Doctor                              |
| <input type="checkbox"/> My Sister or Brother          | <input type="checkbox"/> My Family Friend                       |
| <input type="checkbox"/> My Grandmother or Grandfather | <input type="checkbox"/> My Cousin                              |
| <input type="checkbox"/> My Principal                  | <input type="checkbox"/> Someone Else:                          |
| <input type="checkbox"/> My Coach                      | _____   |

Who is the person or the people who you are most comfortable talking to when you are feeling sad, confused, angry, worried, excited, or happy? \_\_\_\_\_

I like to talk to \_\_\_\_\_ when something is on my mind because

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I think it's important to talk to an adult when I'm feeling sad, upset or worried because

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