

Reflection: Clarifying Feelings

Write a *feeling* statement for each of the following. *Example:* Helpee: "My best friend ignores me now in the cafeteria." Helper: "That must really hurt."

1. Helpee: "My father and mother are fighting constantly."
Helper:

2. Helpee: "My brother almost overdosed last weekend."
Helper:

3. Helpee: "The cutest boy in school asked me to the prom."
Helper:

4. Helpee: "When I look in the mirror I hate what I see."
Helper:

5. Helpee: "That teacher never calls on me in class."
Helper:

6. Helpee: "My father will kill me when he finds out."
Helper:

7. Helpee: "Everyone knows what they're doing after graduation, but I don't."
Helper:

8. Helpee: "I did it! I made the team after all."
Helper: