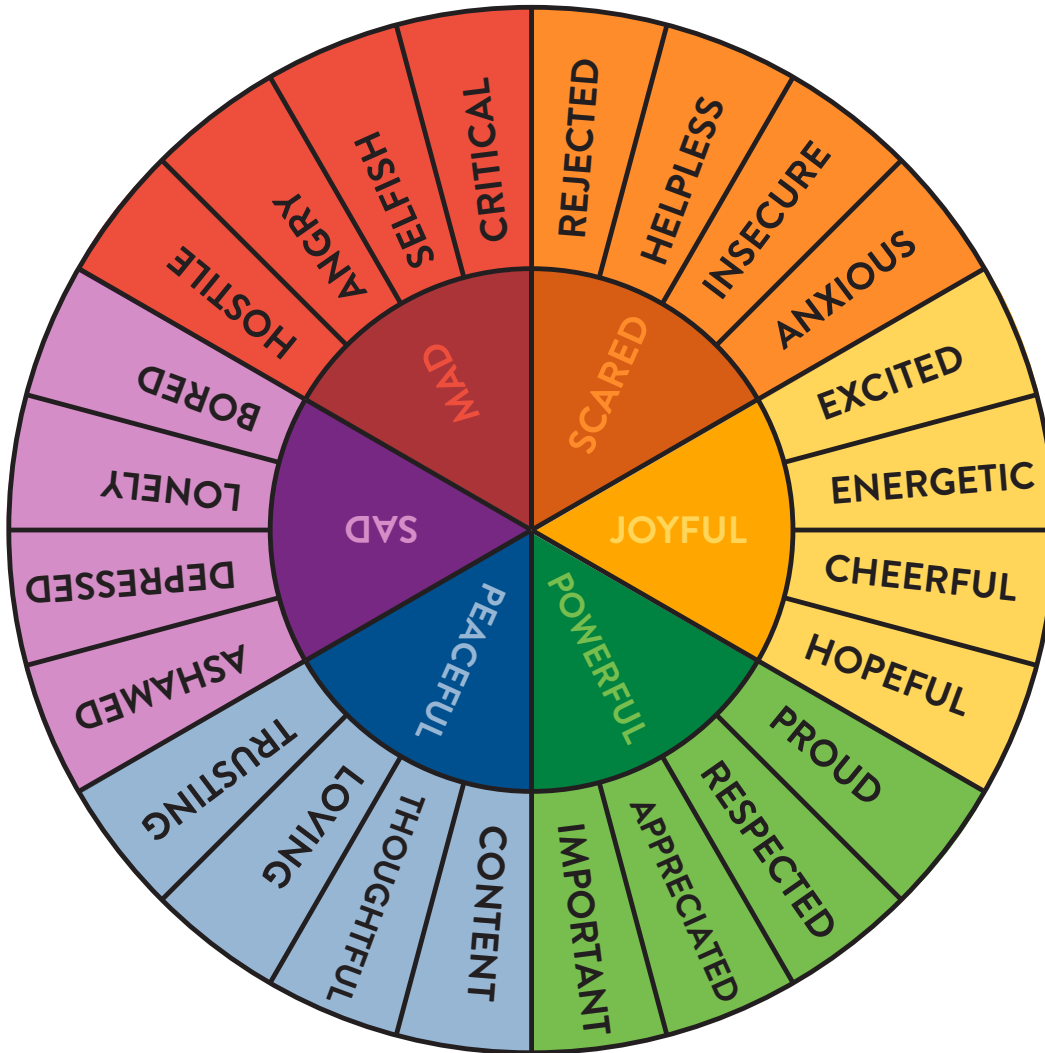


## Additional Resources



Sometimes specific emotions can be difficult to identify. If that's the case, use this chart to help you name what you're feeling.