

How you can help me



I am feeling...					
Scared	Upset	Angry	Nervous	Lonely	Worried
Frustrated	Furious	Overwhelmed	Let down	Sad	Embarrassed
Because I...					
Don't understand	Don't know what to do	Need to talk	Need to be left alone	Am not being listened to	Am missing someone
Can't do something	Was shouted at	Feel like I don't belong	Don't know how I feel	Wish I could change this	Have been hurt
I need you to...					
Listen to me	Leave me alone	Talk to me	Stay with me	Distract me	Tell someone else
Put things right	Reassure me	Help to calm me down	Be quiet for a while	Apologise	Stop doing that
Then I can...					
Calm down	Understand myself	Be myself again	Say sorry to you	Feel safe	Talk it through
Cheer up	Think in through	Control my emotions better	Put things right	Start to like myself	Make better choices next time