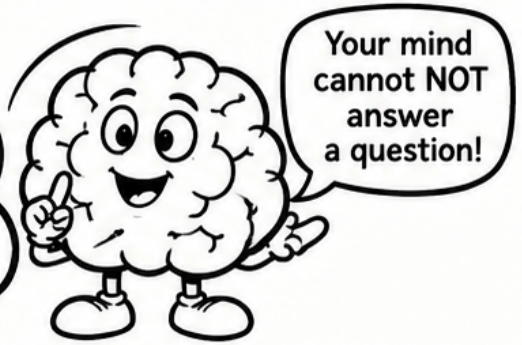


What Question Is Their Mind Asking?

Connect the Dots to How It Might Feel!



We all have questions running through our minds—sometimes we don't even know we're asking them!
The question we ask can affect how we feel... and how we act.

A Secret Mind Questions

What question might this person be asking in their mind?

1. What's wrong with me?
2. Why aren't they listening to me?
3. What if I make a mistake?
4. Do they like me?
5. What would it take for me to have a magnificent day today?
6. Am I good enough?
7. Why does this always happen to me?
8. Can I do this?

B How They Might Feel

Draw a line from each question to how it might make the person feel.


Anxious or nervous


Sad or hopeless


Frustrated or annoyed


Lonely or insecure


Hopeful and excited


Overwhelmed or stressed


Discouraged or not good enough


Confident and motivated

C Think About It!

What questions might YOU be asking yourself sometimes? How do they make you feel? Write or draw two examples.

1. Question: _____
   _____
   I might feel: _____
   _____

2. Question: _____
   _____
   I might feel: _____
   _____

D Try It!

Choose one unhelpful question you sometimes ask. Rewrite it into a helpful question. How might that change how you feel?

Unhelpful question: _____

Helpful question: _____

I might feel: _____