Try This "Feelings" Exercise	
Complete the following questions:	
1.	One feeling that I have difficulty handling is:
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2.	When I have this feeling, I usually:
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3.	When I have this feeling, others around me usually:
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4.	One way I would like to be able to express this feeling is:
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5.	What prevents me from expressing this feeling in the way I would like to is:
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