

Do you ever say or do things you later regret?

Are there times when you feel overwhelmed and out of control?

Do you sometimes completely

*lose your cool?*

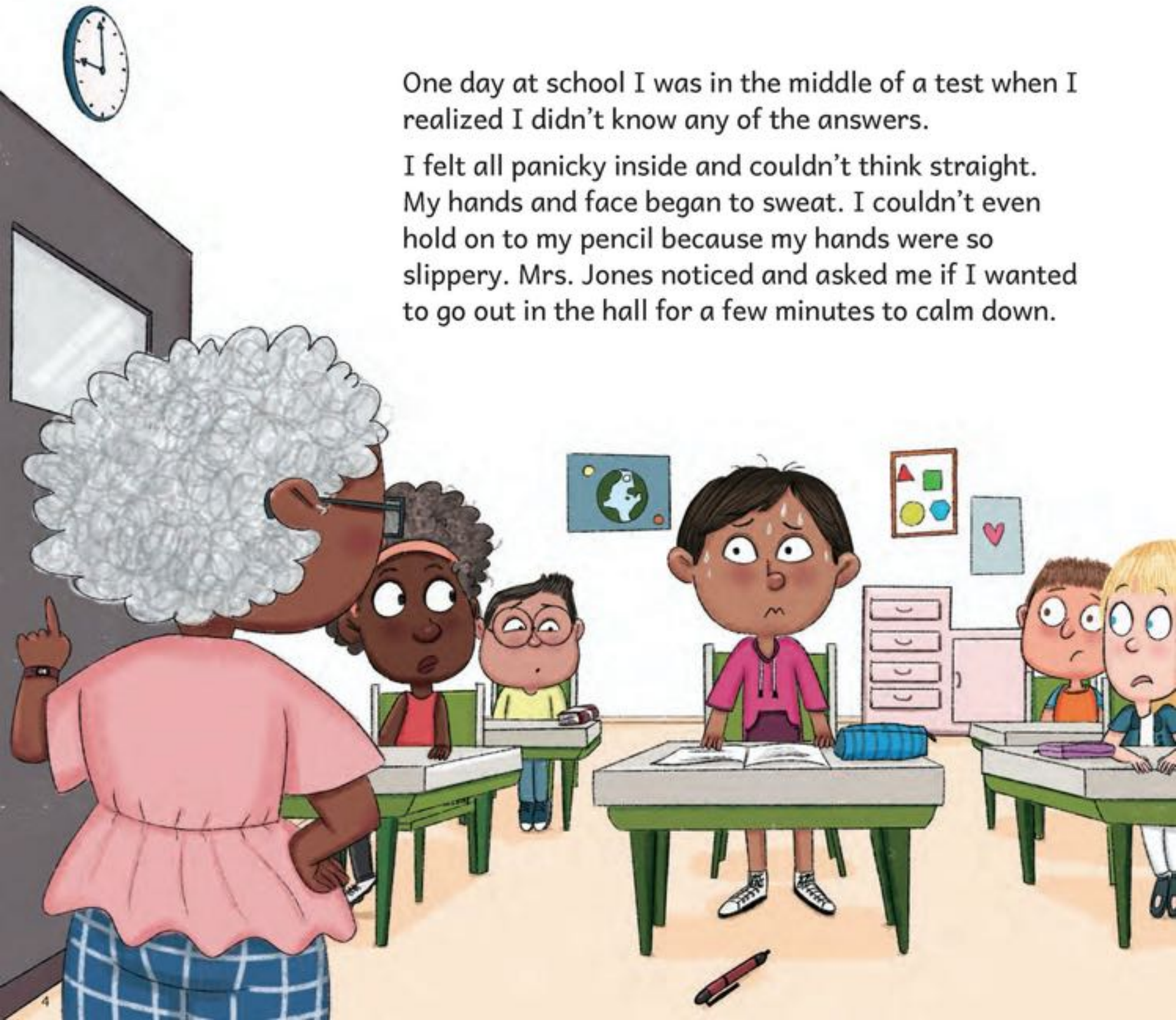
I used to feel like this . . . a lot!

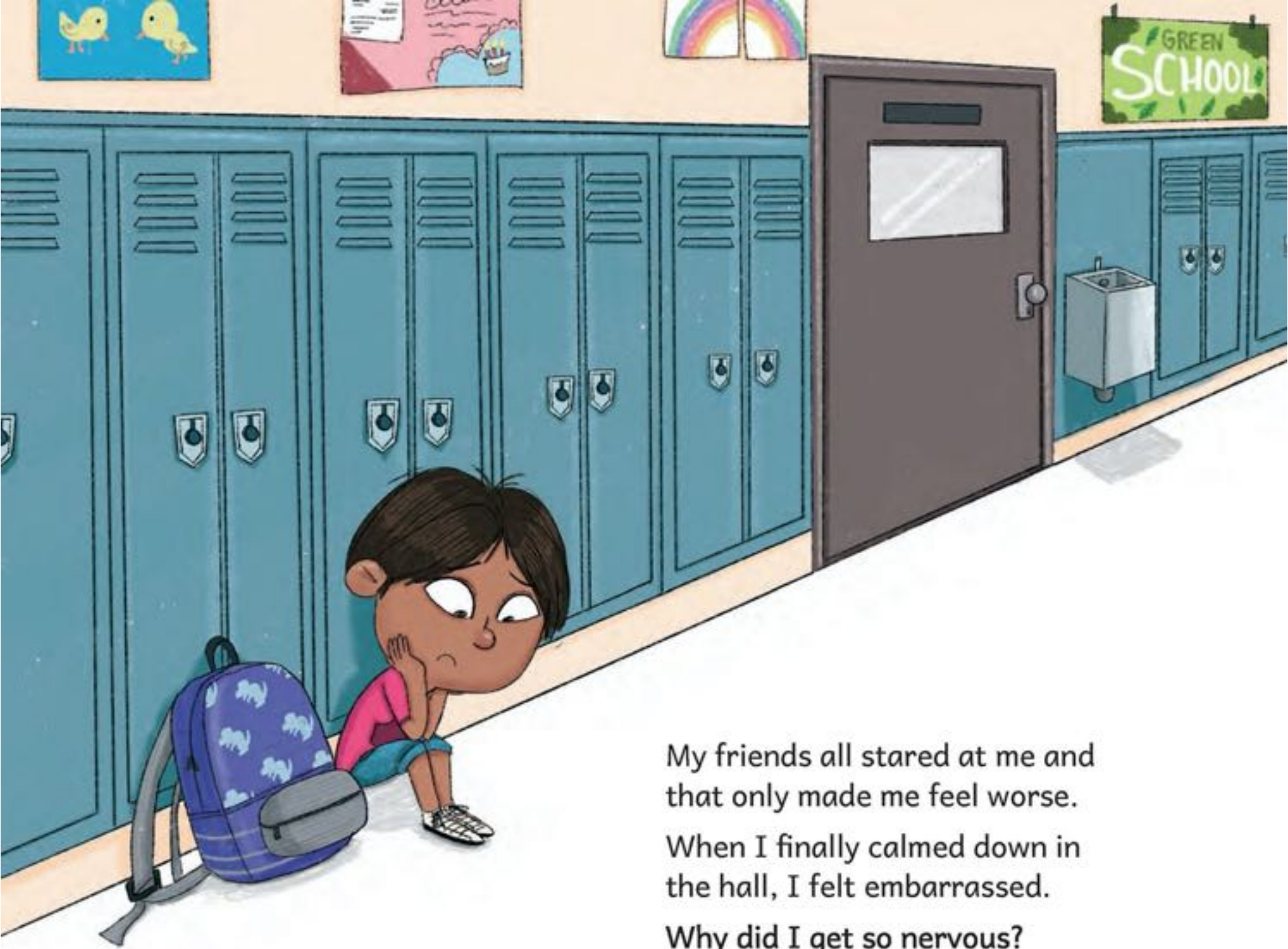
I would get scared or mad or sad, and it was like my whole body went bananas. I would yell and scream, and do things I felt bad about later.



One day at school I was in the middle of a test when I realized I didn't know any of the answers.

I felt all panicky inside and couldn't think straight. My hands and face began to sweat. I couldn't even hold on to my pencil because my hands were so slippery. Mrs. Jones noticed and asked me if I wanted to go out in the hall for a few minutes to calm down.





My friends all stared at me and that only made me feel worse. When I finally calmed down in the hall, I felt embarrassed. Why did I get so nervous?