How to use this resource: Use in conjunction with Jake's Journal to plot feelings after each entry
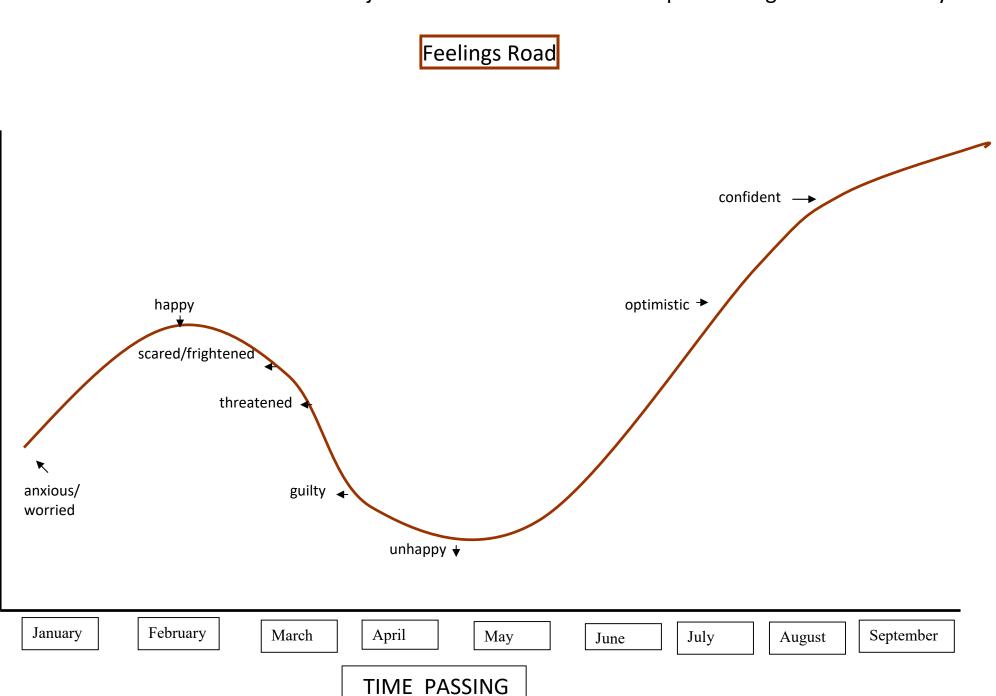
Feelings Road

FEELINGS

happy

scared/frightened

threatened

anxious/
worried

guilty

unhappy

optimistic

confident

January   February   March   April   May   June   July   August   September

TIME PASSING