### Fill out the worksheet then tear off responses and ‘post’ in the corresponding numbered boxes.

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1. Have you ever been in a situation that you didn’t like and you thought wouldn’t get better but it did?

 

Yes No

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1. Have you ever missed out on something that you were really hoping to achieve? (e.g. getting into a sporting team, and dance group or passing a big test)

 

Yes No

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1. Have you ever made a really big mistake that you thought about after for ages? (e.g. something you said to a friend, while playing sport, with your school work)

 

Yes No

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1. Have you ever felt lonely and rejected? (e.g. at school, at home, while playing sport)

 

Yes No

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1. Have you ever had to just put up with something that you know you couldn’t change? (e.g. a camping trip being cancelled because of bad weather or having a broken leg when you really wanted to play sport)

 

Yes No

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1. Have you ever been treated in a way that seems unfair and felt sad or angry? (e.g. by a friend, by a teacher, by your family)

 

Yes No

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1. Have you ever felt really sad about an illness or death of someone in your family or a pet you loved?

 

Yes No