



# *the hidden story*

UNDER THE WORDS

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**Pick 1 phrase from the last page & answer:**

When my child says this, I think they are feeling:

shame  fear  anger  sadness  overwhelm  loneliness

other: \_\_\_\_\_

The story they may be telling themselves is:

“If this is true about me, it means I am \_\_\_\_\_.”

This is what I want the story they believe to look like instead:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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