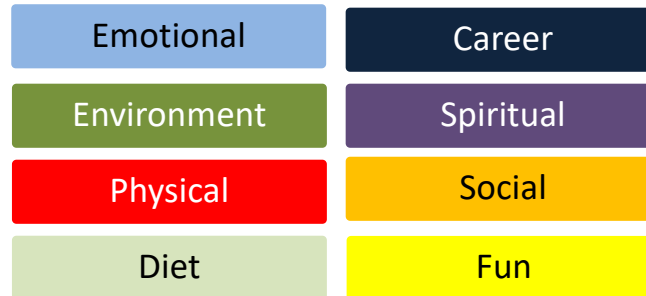


## Thoughts

- Am I taking the easy way out by not letting others know how I really feel?
- Who do I need to get to know better so I can feel comfortable talking about what's really going on with me?
- Strong, empowered people can say what they are feeling. Yes, I do have the POWER!
- Wouldn't I really want to know how a friend is feeling?
- Shouldn't I let my friends know how I am doing?
- My parents may really be interested in how I feel. But they won't know unless I tell them.
- Should I set up an appointment with the school counselor to discover how I really feel?
- Am I being honest with myself about how I feel or what I need?

- \_\_\_\_\_
- \_\_\_\_\_
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Chris Quaglino, LCSW, LCDC  
512-775-5940



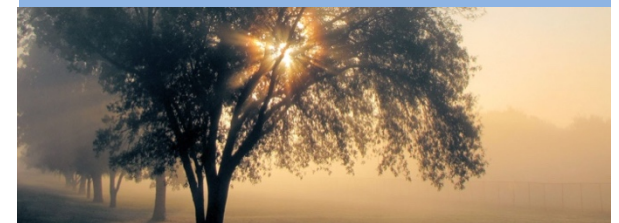
**Total Wellness** is made up of many different things.

- **Emotional:** Balanced Feelings
- **Spiritual:** Greater Meaning
- **Physical:** Healthy Body
- **Diet:** Best Fuel
- **Fun:** Lighten Up
- **Environment:** Stable and Clean
- **Social:** Friends and Family
- **Career:** Goals and Independence

## SELF EXPRESSION



Feeling Word Wheels



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