

GOTR Girls

1. Noun
2. Adjective
3. Verb Base Form
4. Verb Base Form
5. Noun
6. Adjective
7. Noun
8. Adjective
9. Verb Base Form
10. Noun
11. Verb Base Form
12. Noun
13. Noun
14. Noun
15. Noun
16. Adjective
17. Noun
18. Adjective
19. Noun

GOTR Girls

Dear GOTR _____ Noun _____,

I would like to tell you about one way that I deal with _____ Adjective _____ emotions.

First, I _____ Verb Base Form _____ what I'm doing, no matter what. Even if I'm _____ Verb Base Form _____ a _____ Noun _____.

Next, I take three _____ Adjective _____ breaths. Breaths as deep as the _____ Noun _____.

After that, I own my feelings. I grab onto those _____ Adjective _____ emotions, and recognize how I am feeling.

Then, I pick an activity to reset. I might go _____ Verb Base Form _____ my _____ Noun _____, _____ Verb Base Form _____ a _____ Noun _____, sit outside and watch the _____ Noun _____, or clean my _____ Noun _____.

For example, when I feel sad, because I miss my _____ Noun _____, I will find a _____ Adjective _____ spot and write a _____ Noun _____.

Can you think of a time that you were feeling _____ Adjective _____?

Maybe these steps will help you to manage your uncomfortable emotions.

Thanks for being an awesome GOTR _____ Noun _____.