# My worry journal

Always share your worries with a trusted adult, sharing our worries can often make us feel a lot better.

SIBLING SUPPORT

Day:

# My Worry

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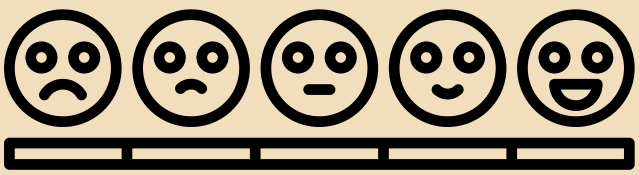
How I felt today



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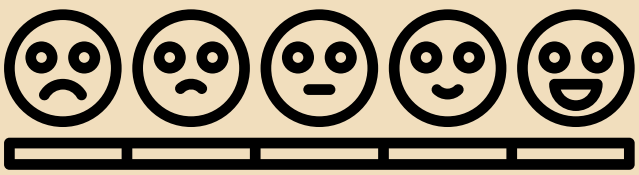

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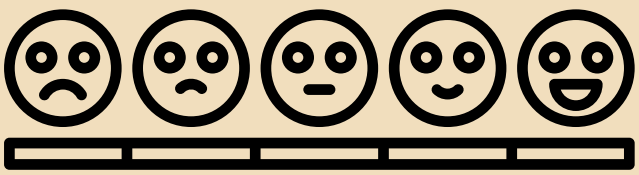

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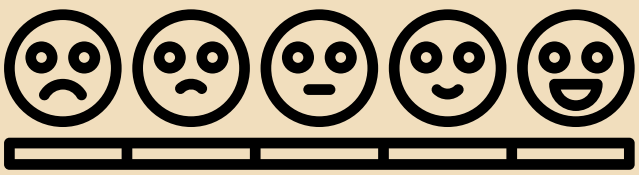

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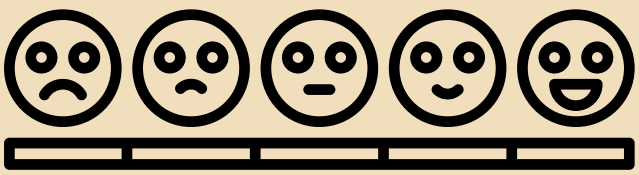

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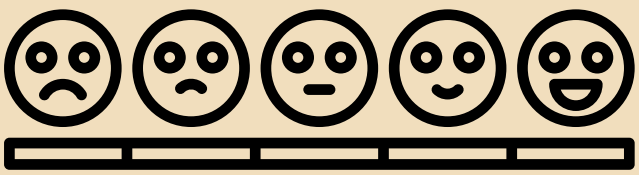

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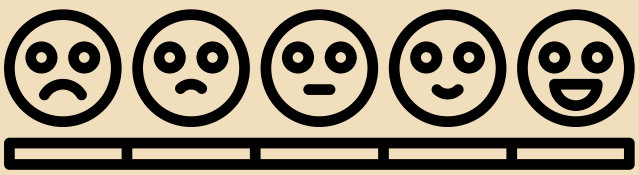

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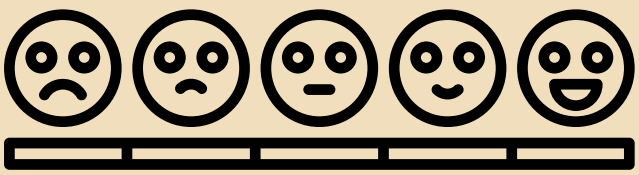

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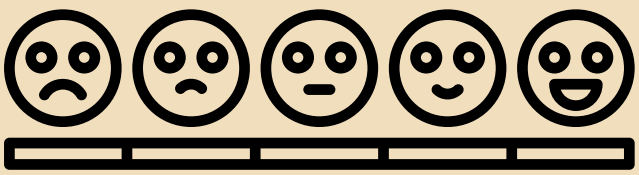

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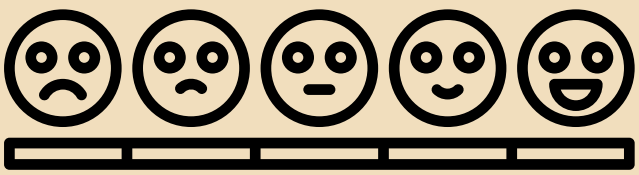

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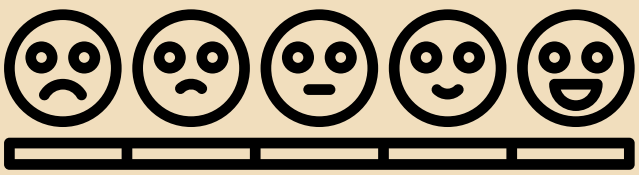

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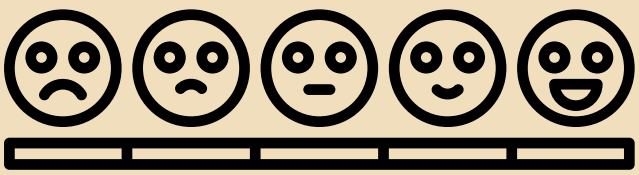

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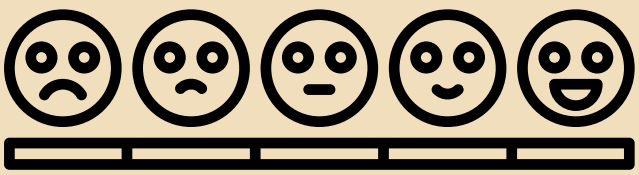
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