

I AM ABOUT TO EXPLODE



It happens to us all. We feel we are about to explode. When this happens there are usually many reasons why we feel like this. Think about a time you exploded or were about to explode. How much of it was because:

- | | |
|---|--------|
| You were tired | _____% |
| You were hungry | _____% |
| Sensory overload (loud noises, brightness etc.) | _____% |
| Somebody wanted you to do something you found difficult | _____% |
| Someone treated you unfairly | _____% |
| You were worried that something bad might happen | _____% |
| Somthing else _____ | _____% |

1) What was the main cause why you were about to explode?

2) Can you finish the sentence?

I was about to explode because I was feeling _____