



Scenario  
7



# MOOD SWINGS

**“Sometimes I get up in the morning in a good mood and when I get to school, something little thing bothers me and I get angry. Yet these things didn’t happen to me before!”**

What does this person feel?

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What are their concern?

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What can this person do for reassurance?  
What advice would you give them?

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Who could this person talk to if they have questions?

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