nger sometimes tells us we think some thing is unfair. It's okay to feel angry but its not okay to hurt ourselves. Sometimes we become overwhelmed by anger and other emotions. SELVES, ITS MORE HELP FUL TO REACH OUT AND DONED OR REJECTED WI OFTEN ISOLATE OUR-WHEN WE FEEL ABANguilt and shame after hurt themselves intenbut it might leave them with feelings of tion they sometimes when people are overcome with emo solves the problem, tionally. This never SPEAK UP. sometimes. sad. It's okay to feel sad have to be lonely to be feel lonely but you don't Zadness can make you Sadhess