How would you feel if ... ?

You go to see your savourite band or watch your team win

You see someone being sick in the street

Someone you care about misses your birthday

You think you're being followed

You get a pundure in your tyre

You're late for something important

You get a promotion

Someone you really like asks you out

You don't get the job you wanted

you visit a place you've wanted to go to for ages

The Kindness Workbook
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