

28. What is Uncomfortable for Me?

Uncomfortable is a bad, sometimes-unsafe feeling.

Uncomfortable may mean that somewhere on my body hurts, itches, or stings. Scratchy clothes may be uncomfortable. Three other things that can make my clothes uncomfortable are:

1. _____
2. _____
3. _____

Uncomfortable may mean that somewhere in my body hurts or aches. A headache is uncomfortable. Three things that can make my body feel uncomfortable inside are:

1. _____
2. _____
3. _____

Uncomfortable may mean that I feel worried, anxious, afraid, angry, sad, or bad. Crying is uncomfortable. Three feelings that are uncomfortable for me are:

1. _____
2. _____
3. _____

Uncomfortable may mean that a place or thing is not comfortable to be near or around. Very hot weather is uncomfortable. A very cold bath is uncomfortable. Three places that can be uncomfortable for me are:

1. _____
2. _____
3. _____

Uncomfortable may mean that it feels unsafe to be around another person. It often feels uncomfortable to be around a person who is angry or out of control. Sometimes, it may feel uncomfortable to be around a person who is doing something that most people don't do in that place, or in that way. A time when I felt uncomfortable around a person was:

1. _____
2. _____
3. _____

Uncomfortable is a bad and sometimes-unsafe feeling.