

GoZen!

WHAT'S THE FULL STORY?



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THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to go@gozen.com, we'd love to hear from you.

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**Click here to learn more about our New
Animated Program on Anger Transformation!**

GoZen.com/anger/

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We put a lot of hard work into creating these materials and other resources to help kids thrive. We kindly ask that you do not share, copy, repurpose, resell, or embed these materials into your own. If you have a special need, please email us at go@gozen.com. We'd love to hear from you. :)

TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

WHAT'S THE FULL STORY?

We all want to understand the people that we love. Sometimes we misunderstand someone (or we are misunderstood) because we pay the most attention to words that are said out loud. The words that someone says out loud may only tell a small part of how they are truly feeling. In order to really understand someone--especially when they're angry or struggling--we need to uncover the words that aren't said out loud.

In this printable, you can practice figuring out the full story behind someone's words and your own full story.

Page 1: This is an example of uncovering a full story.

Page 2: Think of a time when someone you care about said something to you that you didn't fully understand. Maybe this was something said to you in anger or when the other person was having a hard time. Write out the example including what they said out loud and what you think they didn't say out loud.

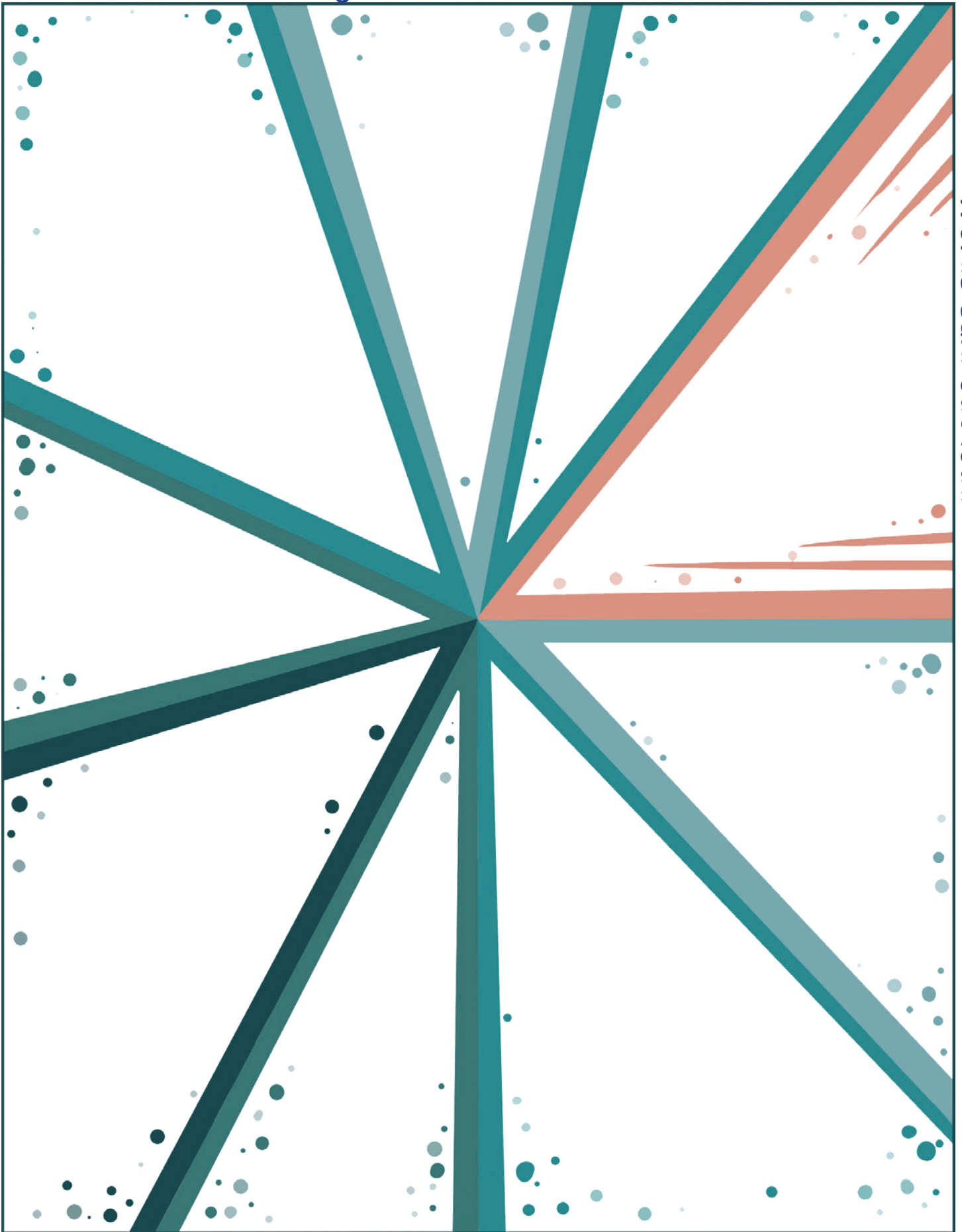
Page 3: Think of a time when you said something to someone you care about that they didn't fully understand. Maybe this was something you said to someone in anger or when you were having a hard time. Write out the example including what you said and what you didn't say out loud.

Feelings and words left unsaid



Words said out loud

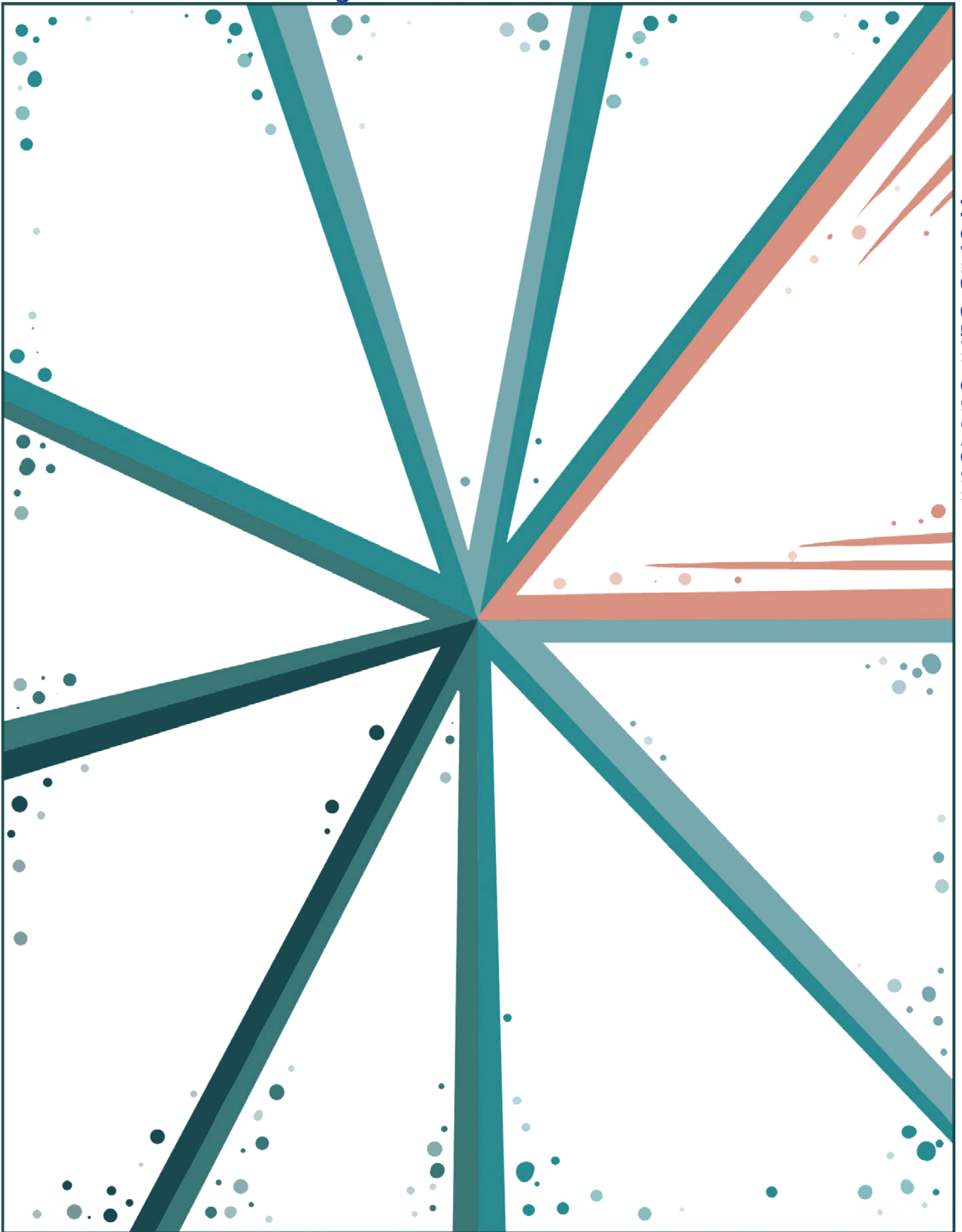
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