

Paragraph 1

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Paragraph 2

I was invited to a party at a restaurant. I was anxious but went anyway. I ate some things. Maybe too much? I was doing okay but had to go to the bathroom. I was washing up when a person from the party burst into the bathroom. The person looked _____.

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Paragraph 3

The stomach bug is bad right now. I just found out a lot of my friends are sick. I was just around them. Did someone cough or get too close? I feel really scared they passed it to me. Does someone in my family have it? Am I getting sick? I don't feel right. If I have it then there is nothing I can do.

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When you see ??? in the paragraph, name the first person that comes to mind. as you practice you can change it to someone else if that makes you anxious. (If it is the person helping you with this, tell them I said to not take it personally.)

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The stomach bug is bad right now. I just found out a lot of my friends are sick. I was just around them. Did someone cough or get too close? I feel really scared they passed it to me. Does someone in my family have it? Am I getting sick? I don't feel right. If I have it then there is nothing I can do. At any moment I might start vomiting. Is it coming? I wonder how much food I have in my stomach? Suddenly, I hear ??? in the bathroom. ??? is vomiting intensely into the toilet. I try to get as far away as I can, but I can still hear it! I can still hear ??? puking. I start to feel nauseated. Oh no, I think I am next. It could start any minute. I feel terrified. There is no way to escape, it is just a matter of time.

Paragraph 4

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? (who comes to mind?) to help. I am afraid I am going to _____. I get hot and feel feverish.

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? to help. I am afraid I am going to vomit. I get hot and feel feverish. I can feel sweat on my forehead and feel panicky. I am terrified thinking about _____. I'm fighting to control it. But the nausea is so terrible I can barely stand it.

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? to help. I am afraid I am going to vomit. I get hot and feel feverish. I can feel sweat on my forehead and feel panicky. I am terrified thinking about throwing up. I'm fighting to control it. But the nausea is so terrible I can barely stand it. I can't help it; I jump up and run into the bathroom. Will I make it? I kneel before the toilet.

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? to help. I am afraid I am going to vomit. I get hot and feel feverish. I can feel sweat on my forehead and feel panicky. I am terrified thinking about throwing up. I'm fighting to control it. But the nausea is so terrible I can barely stand it. I can't help it; I jump up and run into the bathroom. Will I make it? I kneel before the toilet. _____ rises in my throat but I try to hold it.

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? to help. I am afraid I am going to vomit. I get hot and feel feverish. I can feel sweat on my forehead and feel panicky. I am terrified thinking about throwing up. I'm fighting to control it. But the nausea is so terrible I can barely stand it. I can't help it; I jump up and run into the bathroom. Will I make it? I kneel before the toilet. Puke rises in my throat but I try to hold it. Suddenly everything pushes up and I _____ into the toilet. I _____ more.

I feel sick to my stomach. I hate this. I try to do something to feel better. Still worse and worse. I want to cry. I want ??? to help. I am afraid I am going to vomit. I get hot and feel feverish. I can feel sweat on my forehead and feel panicky. I am terrified thinking about throwing up. I'm fighting to control it. But the nausea is so terrible I can barely stand it. I can't help it; I jump up and run into the bathroom. Will I make it? I kneel before the toilet. Puke rises in my throat but I try to hold it. Suddenly everything pushes up and I vomit into the toilet. I puke more. I gag and cough. I have a terrible taste in my mouth. It smells. Did I get some in my nose?

Paragraph 5

I am listening to someone teach. I start to feel nauseated/queasy all of a sudden. I can feel the panic start and my insides are in knots. I need to get out of here. Should I stay or make a scene? Will I get in trouble? I am getting really sick, really fast. Uh oh, too late. I feel my stomach shudder and I spew/hurl vomit/puke all over my desk, my clothes, and the floor. I hear kids' gasp. Someone yells, "That is gross!" They all move away. They make faces like they are disgusted. Are they thinking I am gross?

Paragraph 6

It is getting close to bedtime. What if my stomach starts to hurt? It will probably hurt. Will that mean I am sick? Is it hurting now? Oh no, does this mean I will throw up/puke? What if I wake up in the middle of the night and barf/vomit all over? What if I have no warning and as soon as I wake I blow chunks/puke everywhere? I can just feel it coming right up my throat and out my mouth. I would hurl/vomit all over myself and the bed. The throw up/vomit would be all over everything. What if I just kept throwing up? What if it lasted a long time?

Paragraph 7

“I will hurl,” said the girl to the Earl who was speaking with the Duke.

“I will puke,” said the Duke, “if that girl near the Earl is going to hurl.”

“Do not disrupt this potluck with throw-up,” said the Duchess, “It will make a mess for the Marquess.”

Just then the bulbous Baron blew. Upon buttering the bread, he barfed. Everyone at the repast let out a loud gasp.

The Queen made a scene as she exclaimed, “For this party, we should’ve splurged but instead the Baron has purged.”

Quickly, the staff bustled about saying, “Here we are! We are on it; we will clean up this vomit.”