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"I find it very difficult to express what I am feeling."

"My challenging behaviours is about difficult feelings that I am experiencing...it is not about you...although it may seem like it."

"Let me know beforehand that you are going to be talking about families."

"Help me to make friends as I cannot do it on my own."

"It is not my responsibility to teach other children or teachers about adoption and what that experience may feel like for adopted children."

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