Journal Entry: Left Out

Sometimes we all can feel left out from a group of friends, an event or a game. Write about a time you felt left out. This can be a story from any time in your life. What did you feel? What did you do about it? Was there anyone who helped you to overcome this? What would you do if this happened again? Who could you talk to? What would you do to change this situation? Make sure to include a lot of details.