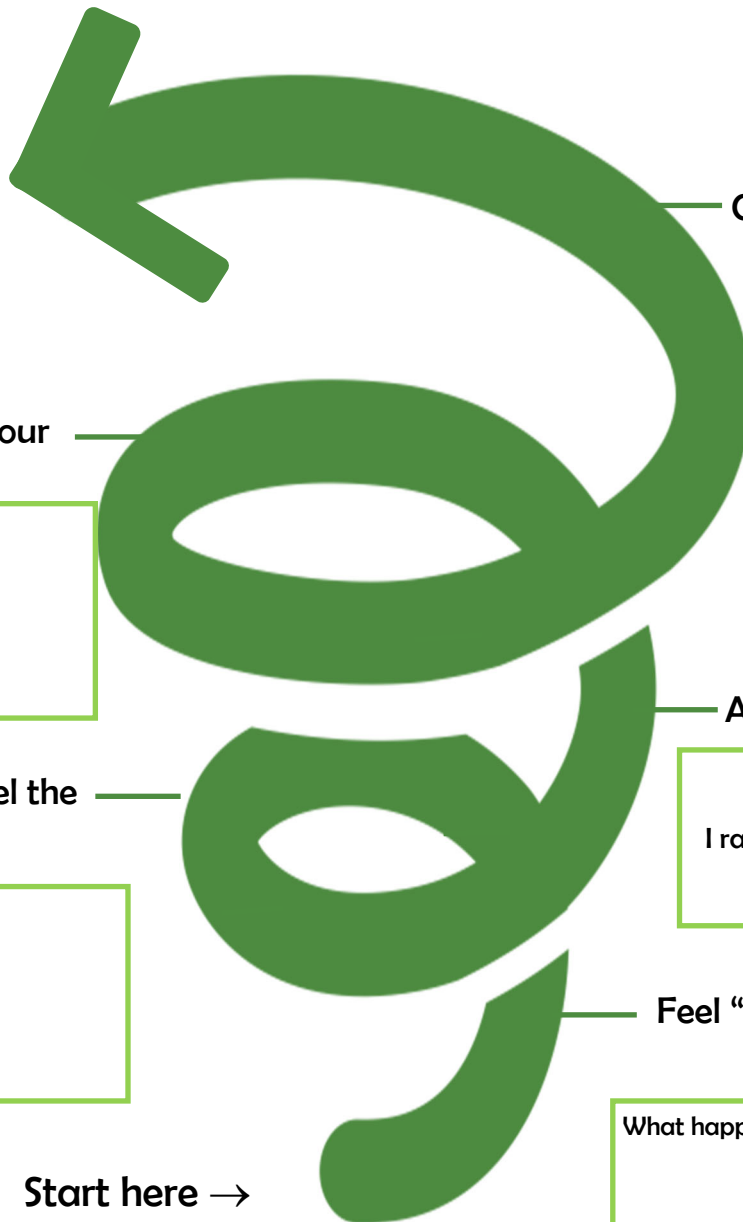


FEEL YOUR FEELINGS



Unacknowledged feelings can fester;
acknowledged feelings can be processed in as
little as 60 seconds



Get curious about it

This might be telling me:

Locate the feeling in your
body

I feel this here:

The sensation I feel is:

Accept the feeling

I rate it a ___ between 1 and 10

Identify and label the
feeling

This is:

Feel "off"

What happened:

Start here →