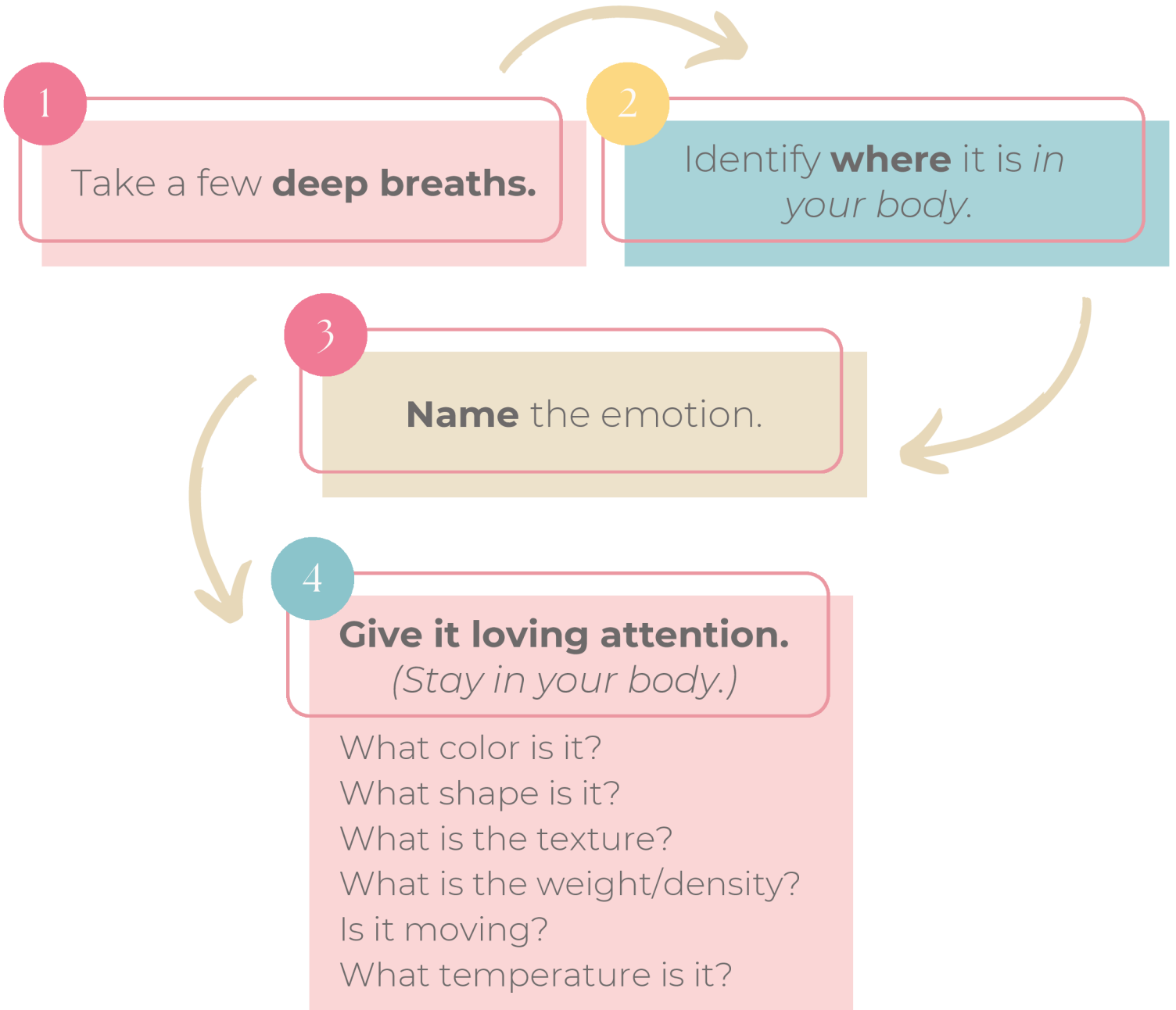


4

STEPS TO FEELING YOUR EMOTIONS

Instead of resisting or avoiding your emotions, use this chart to guide you *through* your emotional experience. Just like weight lifting, it may be uncomfortable at first but the more you practice in gentle, loving increments the more empowered you will become.



“This is what _____ feels like.”

**What is the emotion trying to tell me?*