

Emotional Awareness



What emotion am I feeling right now, and where do I notice it in my body?



What happened immediately before this feeling appeared?



- hug
- rest
- space

If this feeling could tell me what it needs, what might it ask for?



Am I feeling one emotion, or several emotions at the same time?



What am I tempted to do because of this feeling, and what might happen if I waited before acting?

