

FEELINGS AND BODY SIGNALS



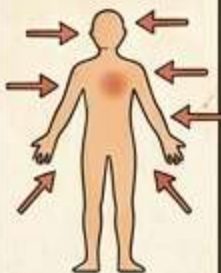
SITUATION

Describe what was happening.



BODY SENSATION

What physical clues did you notice?



BODY EMOTION

Name the core feeling.



THOUGHT

What story was in your head?



RESPONSE

What action did you take next?



An angry face icon



An angry face icon

