

Understanding What You're Feeling

1 IDENTIFY



- What am I feeling right now?

2 LISTEN



- If this feeling could speak, what would it want me to know?

3 OBSERVE



- What happened immediately before I started feeling this way?

4 DEEP DIVE



- What might be underneath the emotion I can identify most easily?

5 GIVE



- What do I need right now that I haven't been giving myself?

6 ROOTS



- Is this feeling about today, or is something older being stirred up?

