

CHECKING IN WITH YOUR MOOD

I DON'T KNOW

What is this emotion?

I KNOW

CALM

What is the emotional 'weather' like?

STORMY

I PUSH / RESIST / DENY

What attitude do I bring to this feeling?

I WELCOME / ACCEPT

MINE

Who's emotion is this?

NOT MINE

I AM UNDER-REACTING

Is this emotion appropriate?

I AM OVER-REACTING

DISSOCIATED

What's my sensitivity to this feeling?

HYPER-SENSITIVE / OVERWHELMED