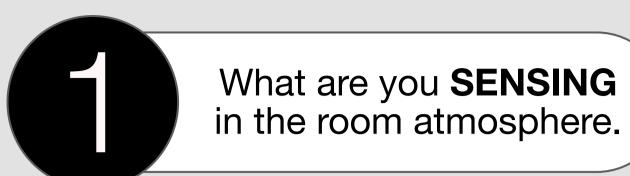
You can't THINK your way out of FEELING. Your body is meant to process your emotions.

So, instead of suppressing them, overthinking them, or over-expressing them, see if you can sit back. Tune into your body. Allow the emotion to move through you. And then, turn on your intuitive abilities, Sensing, Feeling, Hearing, Knowing, Seeing, sharing what these emotions are trying to communicate and then using that information to make different choices moving forward.



goal

What are you FEELING in the room

What are you thinking?

What are you hearing from others?

mar

What are you **SEEING** is happening

What are you knowing/ learning that is new to you?

What are you/they saying in the room?

PAINS

What are their fears, frustrations and anxieties?

GAINS

What are their wants, needs, hopes and dreams?

