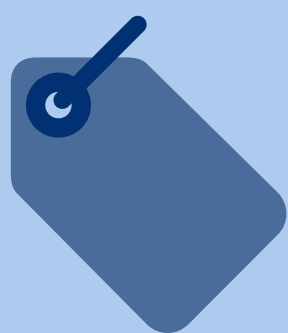




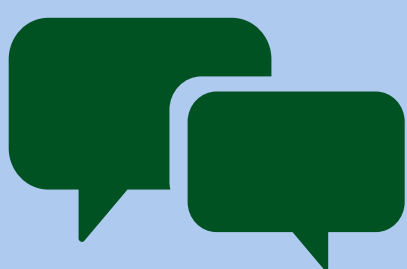
EMOTION WAVES



LABEL THE EMOTION



HOW DOES IT FEEL IN YOUR BODY?



WHAT IS IT TELLING YOU?

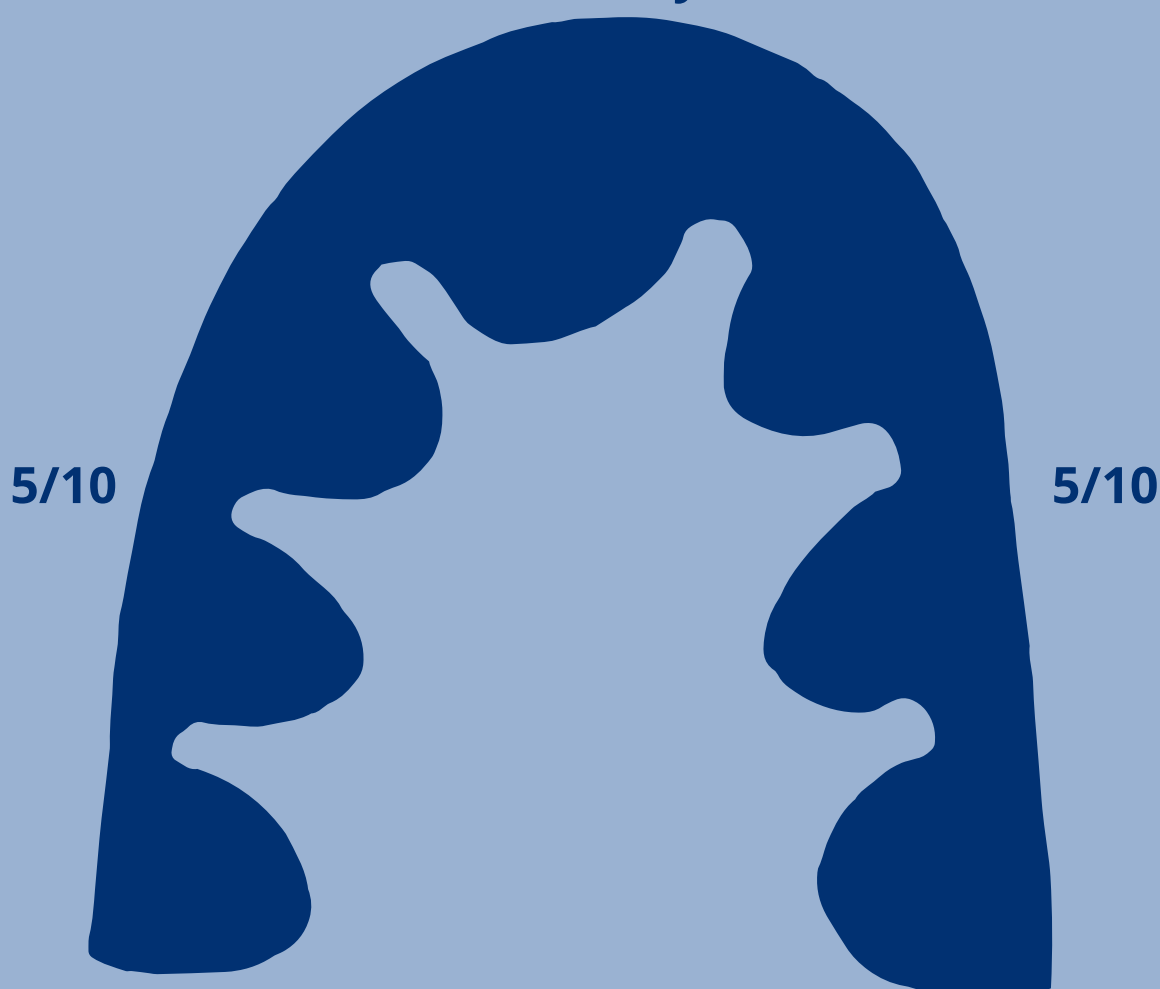


WHAT DOES IT MAKE YOU WANT TO DO?

OBSERVE YOUR THOUGHTS, SENSATIONS AND BEHAVIOURAL URGES ALONG THE EMOTION WAVE.

How do these change?
What intensity level do your emotions reach before the intensity starts decreasing?

Peak Intensity 10/10



**Intensity 1/10
Neutral/Calm**

**Intensity 1/10
Neutral/Calm**

AT WHAT POINT DO YOU USUALLY REACT?

How would things be different if you could pause and observe the emotion wave instead of reacting?