



THE MODEL

Feelings

<p>1. What are you feeling right now? (one word emotion)</p> <p><input type="text"/></p>	<p>2. Where is this feeling located in your body?</p> <p><input type="text"/></p>	<p>3. Describe the color, speed, and texture of this feeling.</p> <p><input type="text"/></p>
<p>4. How do you want to react to this feeling?</p> <p><input type="text"/></p>	<p>5. Why are you feeling this emotion?</p> <p><input type="text"/></p>	<p>6. What are your four most common feelings each day (negative and positive)?</p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p>
<p>7. Why do you think you have these feelings daily?</p> <p><input type="text"/></p>	<p>8. What would you like your top four feelings to be (negative and positive) and why?</p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p>	<p>9. How would your results change if you changed your top four feelings? Any that would stay the same? Explain.</p> <p><input type="text"/></p>