

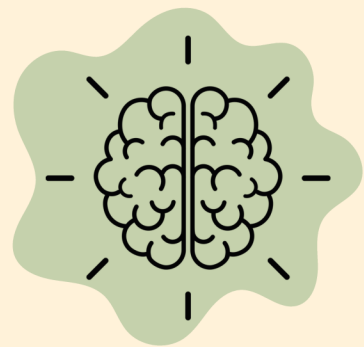


Growing Harmony Within

WORKING WITH FEELINGS



- **Sensing** – Noticing in your body that you are having an emotion or feeling
- **Naming** – Choosing an accurate name for the emotion or feeling
- **Attributing** – Making sense of what caused the emotion or feeling to happen
- **Evaluating** – Checking in about how you feel about having the emotion
- **Acting** – Deciding how to cope or deal with the emotion or feeling



~ Kimberly Erickson ~