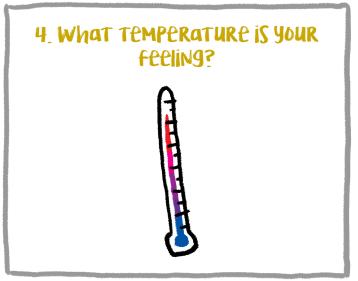
HOW TO FEEL YOUR FEELINGS (IN 6 STEPS)

1. GIVE YOUR FEELING A NAME:
(e.g., Raging anger)



3. What color is your feeling? (circle below)



5. BREATHE INTO THE PLACE IN YOUR body you are feeling your feeling:

BREATHE IN FOR 4
HOLD FOR 4
BREATHE OUT FOR 4
HOLD FOR 4
REPEAT

6. REPEAT THESE WORDS:

I am Safe. I am OK.
My feelings are sending
Me a message.
It's okay to feel this way.
I'm leaning into my feelings.
I am Safe. I am OK.