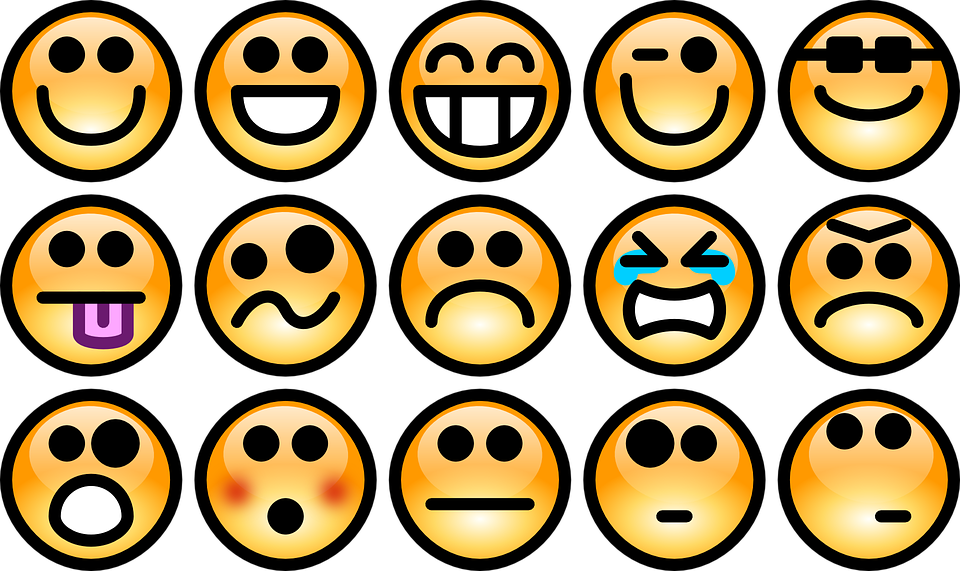
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**HOW DO I FEEL?**

What is the emotion that I am feeling? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where in my body do I feel the emotion?

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Why do I think I feel this way?

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How is this emotion trying to help me?

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