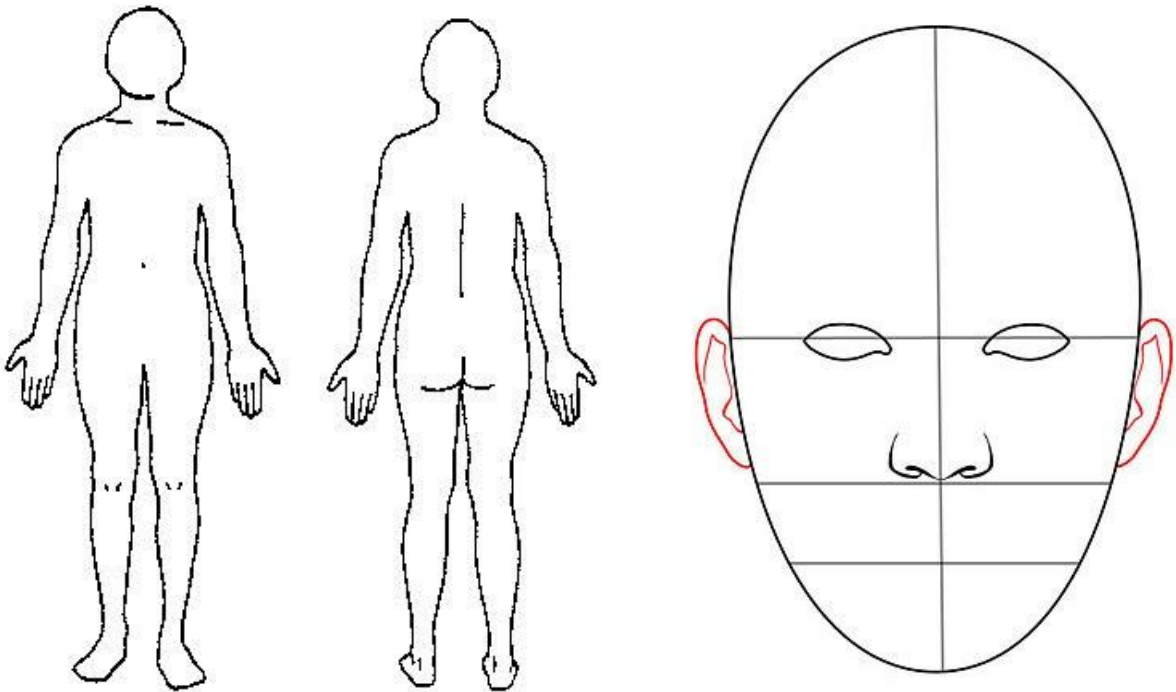


Experiencing Emotions Worksheet

In your body:



In your mind:

