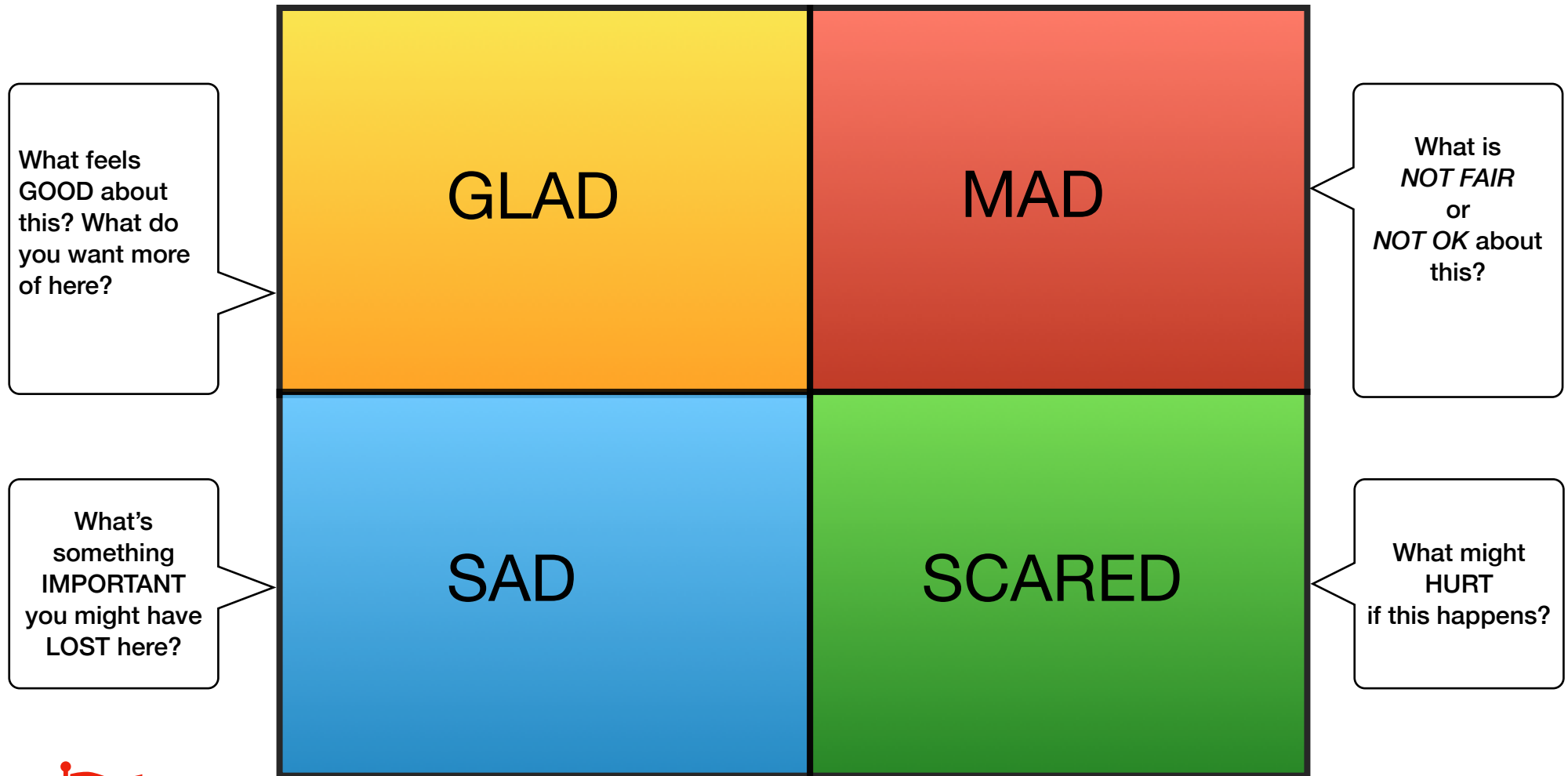


LET'S WALK THE SQUARE



EMOTIONS ARE INFORMATION

GLAD: Something feels GOOD. Energy goes up so I can reach for more of that or else becomes calm so I can stay here.

MAD: Something feels NOT FAIR or NOT OK. Energy goes up so I can change that.

SAD: I feel a LOSS of something IMPORTANT TO ME. Energy goes down so I can honor that.

SCARED: Something might HURT me. Energy either goes up so I can get away or freeze in place so I'm not detected.

THOUGHT PARTNER QUESTIONS

- A. What's your biggest feeling here? (What might that be about?)
- B. What's your next biggest feeling? (What might that be about?)
- C. Do you have any ___ in that? (Where do you think that might be coming from?)
- D. Is there any ___ in that at all?