



## VISITING EMOTIONS

WHERE IS THE EMOTION VISITING?

Is it inside your belly or close to your heart?

Is it heavy on your back or in your mind way up far?

HOW DOES THE EMOTION LOOK?

Is it small or is it big?

Short, medium or tall?

Does it shine or is it cloudy and dark?

What colors fill it, if it has colors at all?

HOW DOES THE EMOTION FEEL?

Is it heavy or light?

Soft, hard, or fuzzy?

Hot or is it cold?

Sharp, smooth, or bumpy?

Is it a faint feeling or does it take hold?

HOW DOES THE EMOTION SOUND?

Is it yelling loud or whispering?

Is it fierce, confident or shy?

Does it speak to you clearly?

Or does its voice quietly fade by?

WHAT IS THE EMOTION SAYING?

Is it reminding you of something you know deep within?

Is it telling you something new?

What message is it delivering to brave and kind you?

