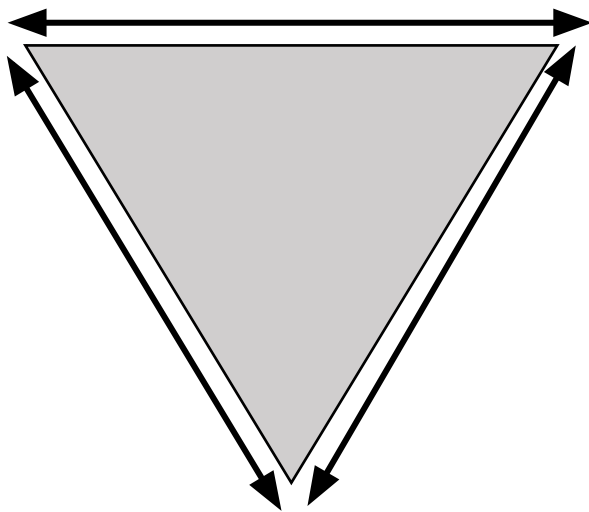


**What are the ways I
avoid my emotions?**



**What inhibitory
emotions can I
sense?**

- ☐ Anxiety
- ☐ Guilt
- ☐ Shame

**What are my core emotions? (Circle all that you
sense)**

Anger. Fear. Sadness. Disgust. Joy. Excitement.



Did I arrive here?

Open-hearted State of the Authentic Self
Calm. Connection. Curiosity. Compassion.