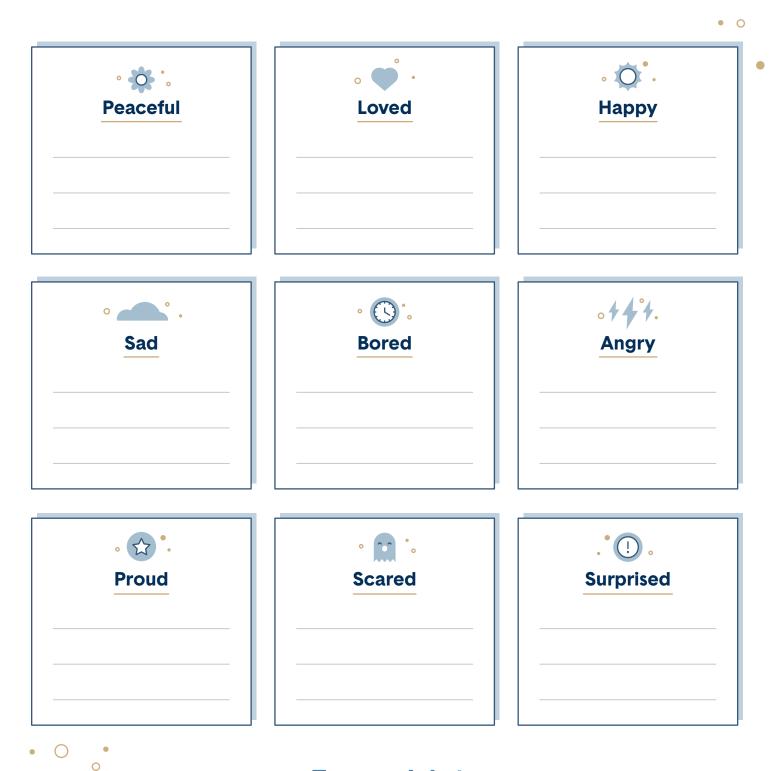
EMOTION GRID EXERCISE

Instructions: Think about recent situations that made you feel these different emotions. Jot down what made you feel that way and why.



Tommy John[°]