

EMOTIONAL HYGIENE

1. **P**ART OF ME IS FEELING (SAD, ANGRY, AFRAID, MOODY, ETC)

2. **O**KAY TO FEEL THIS

3. **W**ORK FOR ME (MY EMOTION, NOT ABOUT YOU, NO BLAME)

4. **Where?** IS IT IN MY BODY?

5. **What?** DO I WANT TO DO WITH THIS ENERGY?