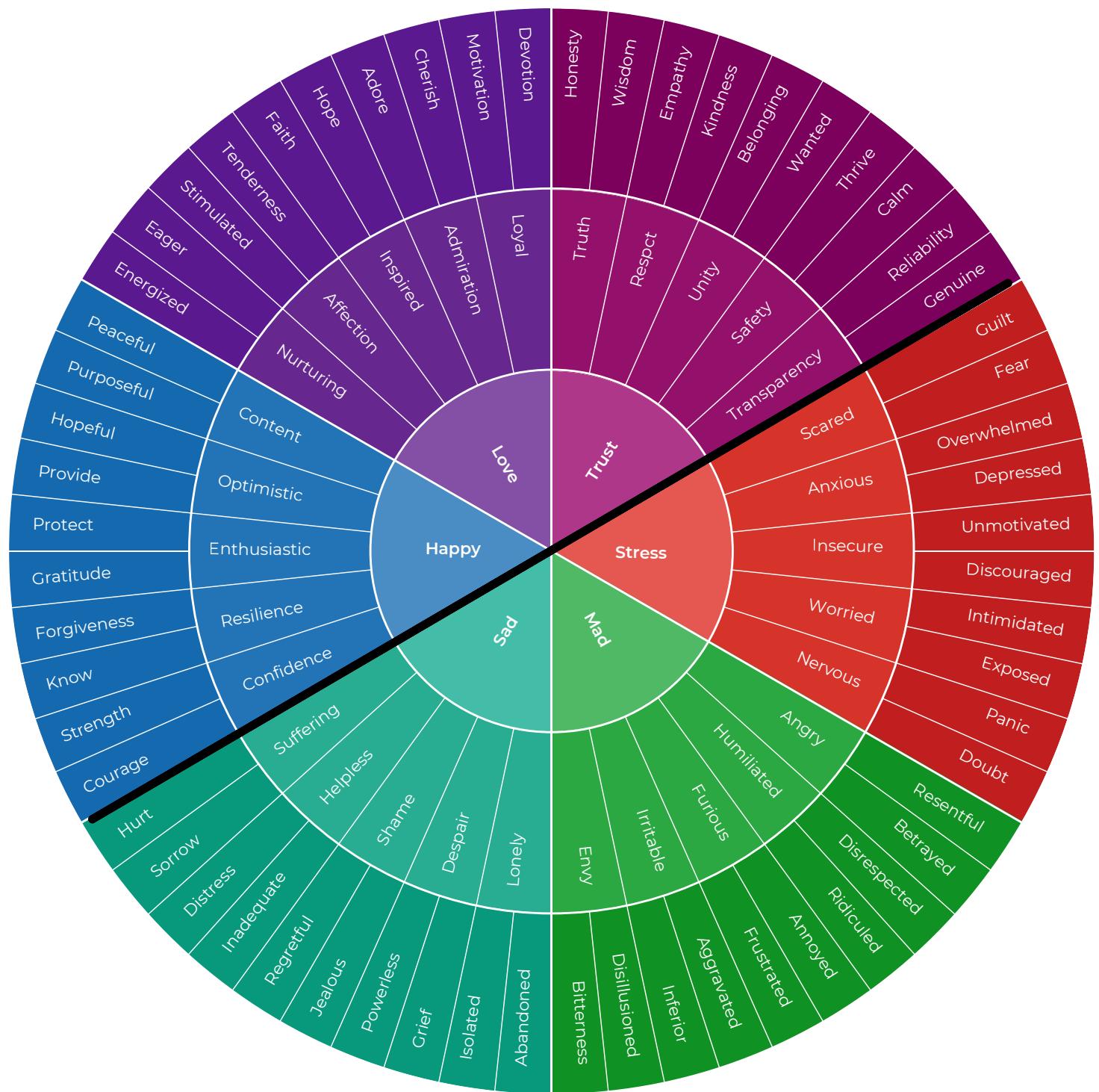


Authentic Health

FEELINGS WHEEL



Finger-pointing Language = Shame, Blame, Judgment and Isolation

Black Line = Change Maker Mindset Line

What is your physiological response connected to your feelings and emotions?

Crocodile = Sad, Mad & Stress. **Name It to Tame It.**

Owl = Happy, Love & Trust. **Know It to Show It.**

More information at: AbigailGmanning.com

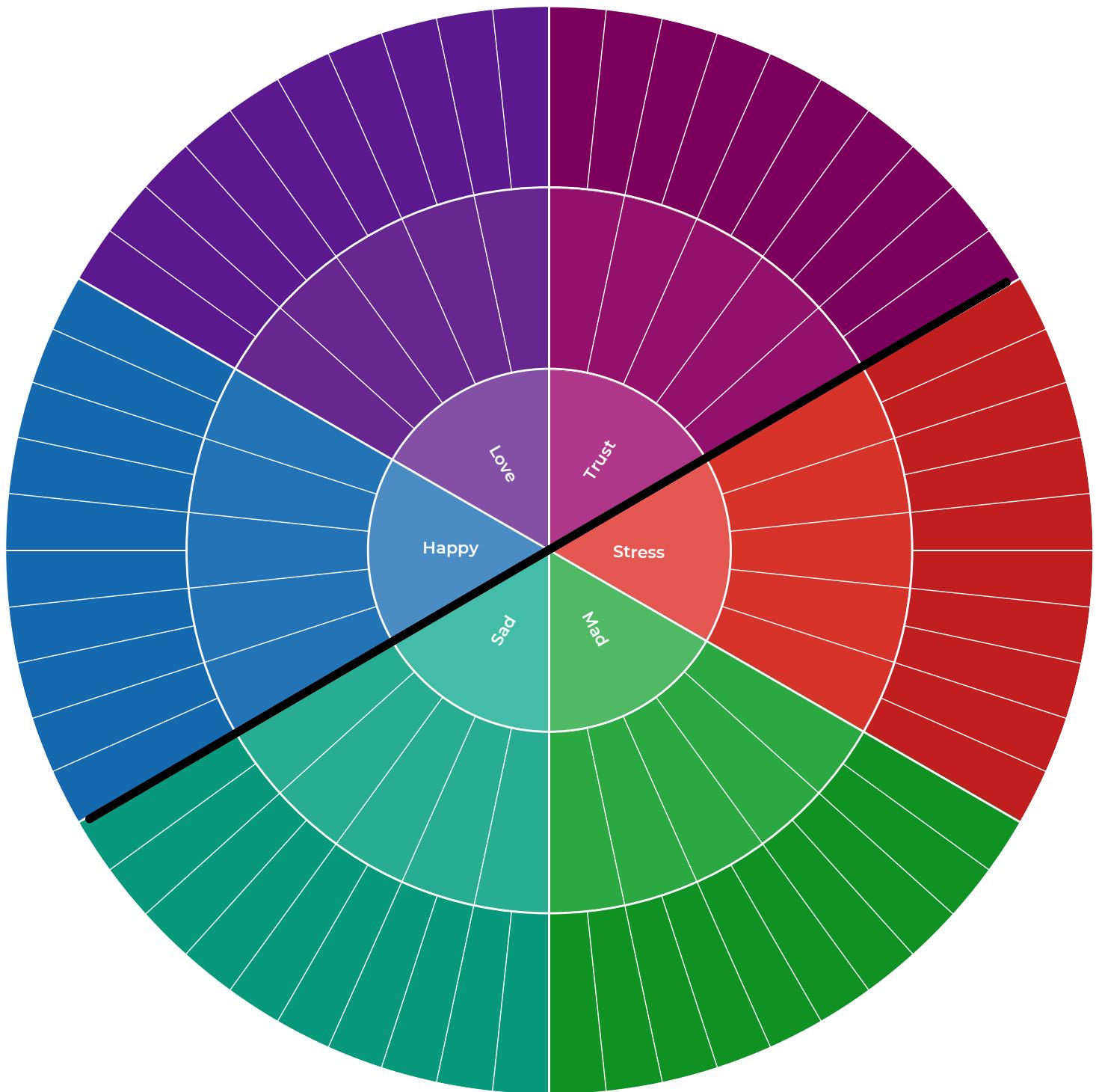


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Challenge: Fill In Words to Test Your Skill at
Name It to Tame It & Know it to Show It

FEELINGS WHEEL



Where do you place these feelings words?

Longing - Remorse - Diminished - Homesick - Submissive
Enthralled - Amused - Disgust Critical - Selfish - Selfless - Surprise
Distant - Fragile - Confused - Perplexed - Dread - Shocked - Skeptical
Exposed - Arousal - Unfocused - Pressured - Pity - Vulnerable
Rejected - Horror - Cheerful - Relief - Pride - Astonished
Sentimental - Lust - Woe - Regret - Rapture



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