

## Step 1: **EMOTIONS**

Allow yourself to feel vulnerable. Let yourself concentrate on experiencing your emotions while taking several deep sighs (if possible, breathe through your mouth). *Don't try to figure out the causes yet, focus on the emotions.* Keep in mind that feelings can be both rational and irrational.

## Step 2: **Reflect**

What caused you to feel that way, where do the emotions come from?

## Step 3: **Resolution**

What do you want to do about it, how do you want to reasonably handle it?