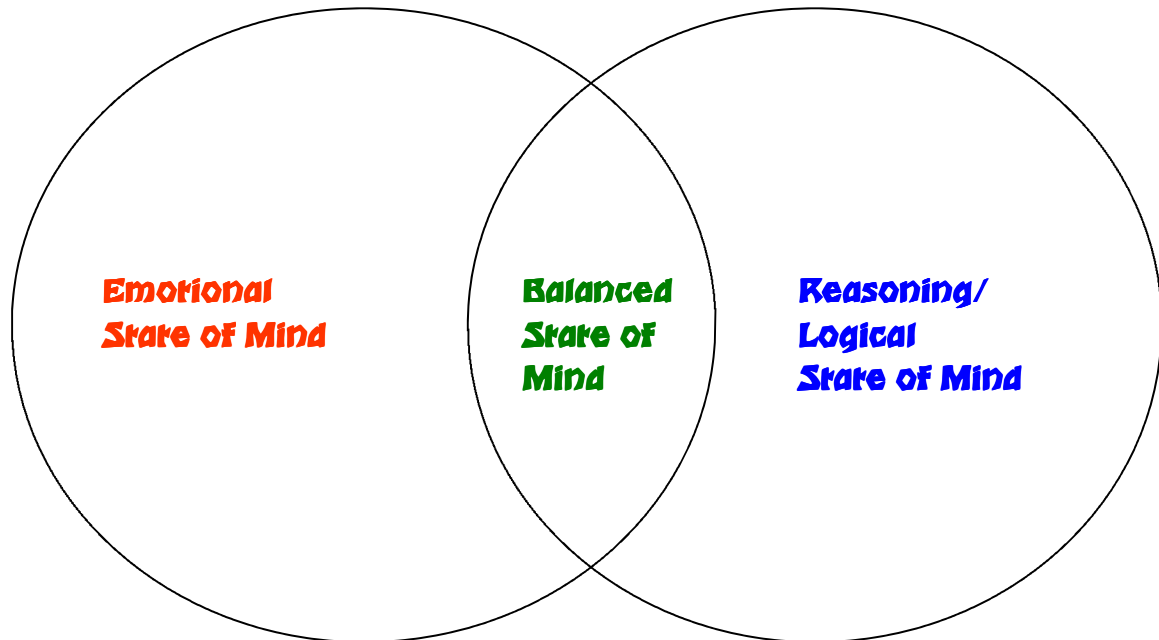


## Finding a Balance Between Your Emotions and Your Reasoning



### 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 feelings come from?

### Step 3: **RESOLUTION**

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