

Reflections Sheet #3

FUN WITH FEELINGS



**WHAT SURPRISED YOU
ABOUT THIS EXERCISE? DID
YOU LEARN ANYTHING NEW
ABOUT YOUR EMOTIONS?**



**HOW DID IT FEEL TO LOOK
AT AN EMOTION IN A
DIFFERENT WAY?
INTRIGUING?
EMPOWERING?**



**IS THERE A WAY THAT YOU MIGHT LIKE TO INCORPORATE
SOME OF THE IDEAS FROM THIS EXERCISE INTO ONE OF YOUR
QUICK WRITES?**