

MASTERING EMOTIONAL BALANCE

MODEL ON UNINTENTIONAL
THOUGHT:

C: _____
T: _____
F: _____
A: _____
R: _____

MODEL ON INTENTIONAL
THOUGHT:

C: _____
T: _____
F: _____
A: _____
R: _____

WRITE THE FEELING FROM EACH MODEL HERE:

CATEGORIZE THE FEELING 1, 2, OR 3: _____

1. YOU WANT TO FEEL IT INTENTIONALLY
2. UNWANTED BUT NEED TO ALLOW IT
3. INDULGENT EMOTION

NOW WRITE A FEW SENTENCES ABOUT EACH FEELING TO INCREASE
CONSCIOUS AWARENESS.
