



REFLECT AND ILLUSTRATE YOUR FEELINGS

What You Will Need: 8 pieces of paper, and a selection of colored pencils, crayons, and/or Markers.

Directions: Before watching the video, gather your supplies. Then, watch the video and closely follow along with the instructions led by Brent. You'll notice in the video that one large piece of paper is used and folded into 8 squares, but this is not required. 8 separate pieces of paper will work just as well.

What This Exercise Provides: This experiential exercise will help you integrate the information Brent gave on feelings, and also move it to the other side of your brain. You will get some deeper insight into how much access you have to each feeling. When you are finished, you will be left with a visual representation of all eight of your feelings