

## **EXERCISE: EVERYDAY LIFE AND EMOTIONS**

### **1. WHAT KIND OF EVERYDAY SITUATIONS MAKE YOU FEEL EMOTIONAL?**

Think about how everyday things and emotions are connected.

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the exercise question.

**2. CAN I TELL APART MY FEELINGS FROM EVERYDAY SENSATIONS IN MY BODY SUCH AS HUNGER, BEING COLD, OR BEING TIRED?**

Can I tell apart my feelings from everyday sensations in my body such as hunger, being cold, or being tired?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.