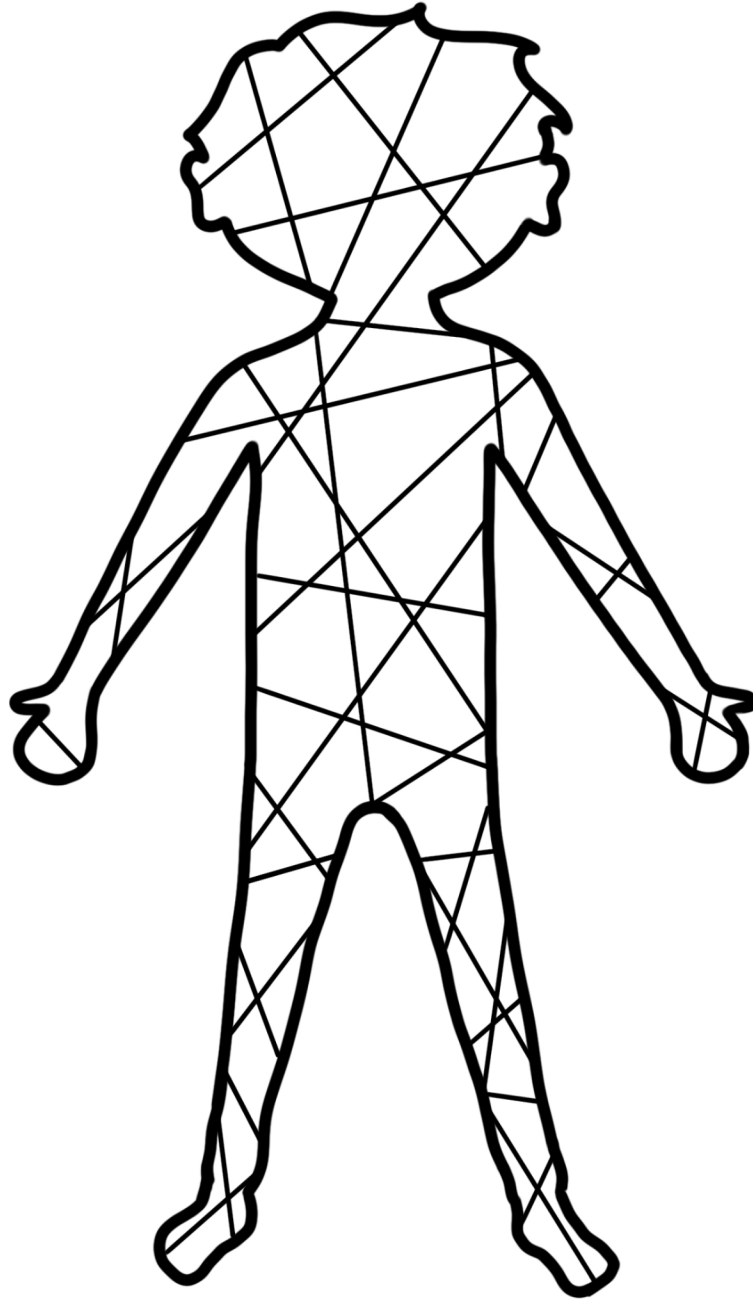


Tangled Emotions

In the spaces below, write some of the feelings you have experienced today or this week, assigning a color to each. Then, color the tangles to reflect those feelings as they appear in your body today.



- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____