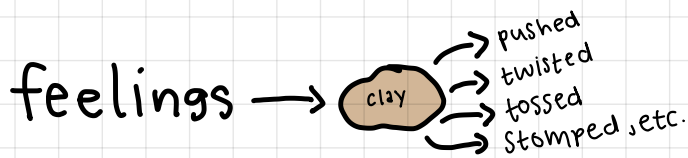


Chapter Summary



Pay close attention to the intensity of your feelings

Don't judge your emotions, but experience it fully.

emotions
ALONE

leaves us without any actionable measures that can protect us from being particularly influenced by them later on

MET/UNMET NEED
↓
POSITIVE/NEGATIVE FEELING

7 categories of needs

- Autonomy
- Integrity
- Interdependence
- Celebration
- Spiritual Communion
- Play
- Physical Nurturance

BY IMPROVING

YOUR FEELING

VOCAB, YOU CAN

PINPOINT YOUR

FEELING EASILY.

the knowledge of our thoughts and desires in an ever-competitive environment helps us to find time and respect for ourselves.