|  |  |  |  |
| --- | --- | --- | --- |
|  | How would you describe this feeling? | When have you felt this feeling? | How can you manage this feeling? |
| JOY |  |  |  |
| SADNESS |  |  |  |
| DISGUST |  |  |  |
| ANGER |  |  |  |
| FEAR |  |  |  |
| CORE MEMORIES | What are core memories | What are your core memories? |  |
| ISLANDS | Describe the islands | Why do they crumble? |  |