

EMOTIONS MAPS: MAPPING MY ANGER, ANXIETY, & SADNESS

Created by a Registered Clinical Counsellor

Mapping Out My Sadness: My Sadness Map

WHAT SADNESS LOOKS LIKE

WHAT DOES MY BODY FEEL?

WHAT I DO WHEN I'M SAD

WHAT MAKES ME FEEL SAD?

WHAT DO I THINK AND SAY?

Mapping Out My Worry: My Worry Map

WHAT WORRY LOOKS LIKE

WHAT DOES MY BODY FEEL?

WHAT I DO WHEN I'M WORRIED

WHAT IS HELPFUL WHEN I'M WORRIED?

WHAT MAKES ME FEEL WORRIED?

WHAT DO I THINK AND SAY?

Feelings From Within

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Feelings From Within:

The Enigmatic Realm of **Feelings From Within**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Feelings From Within** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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