

LEVEL 1:

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| <p>1. Acknowledging what I feel:</p> | |
| <p>2. Statements that will help me allow to feel the emotion:</p> | |
| <p>3. The reasons I am feeling this way right now (understanding):</p> | |

LEVEL 2 (WORKING ON A PAST EVENT):

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| <p>1. Naming the emotion I felt in this situation (acknowledging):</p> | |
| <p>2. Statements I would've used to allow myself to feel the emotion:</p> | |
| <p>3. The reasons I was feeling that way (understanding):</p> | |

