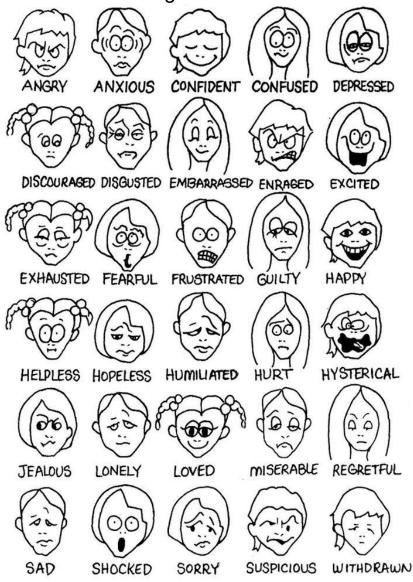


Say what you feel - by asking the below questions

What is going on inside? What am I feeling inside? (use faces below) Why am I feeling this way inside? What will I do with these feelings?



Craig Miller © 2001 From book, When Feelings Don't Come Easy – (see: www.insightsfromtheheart.com)