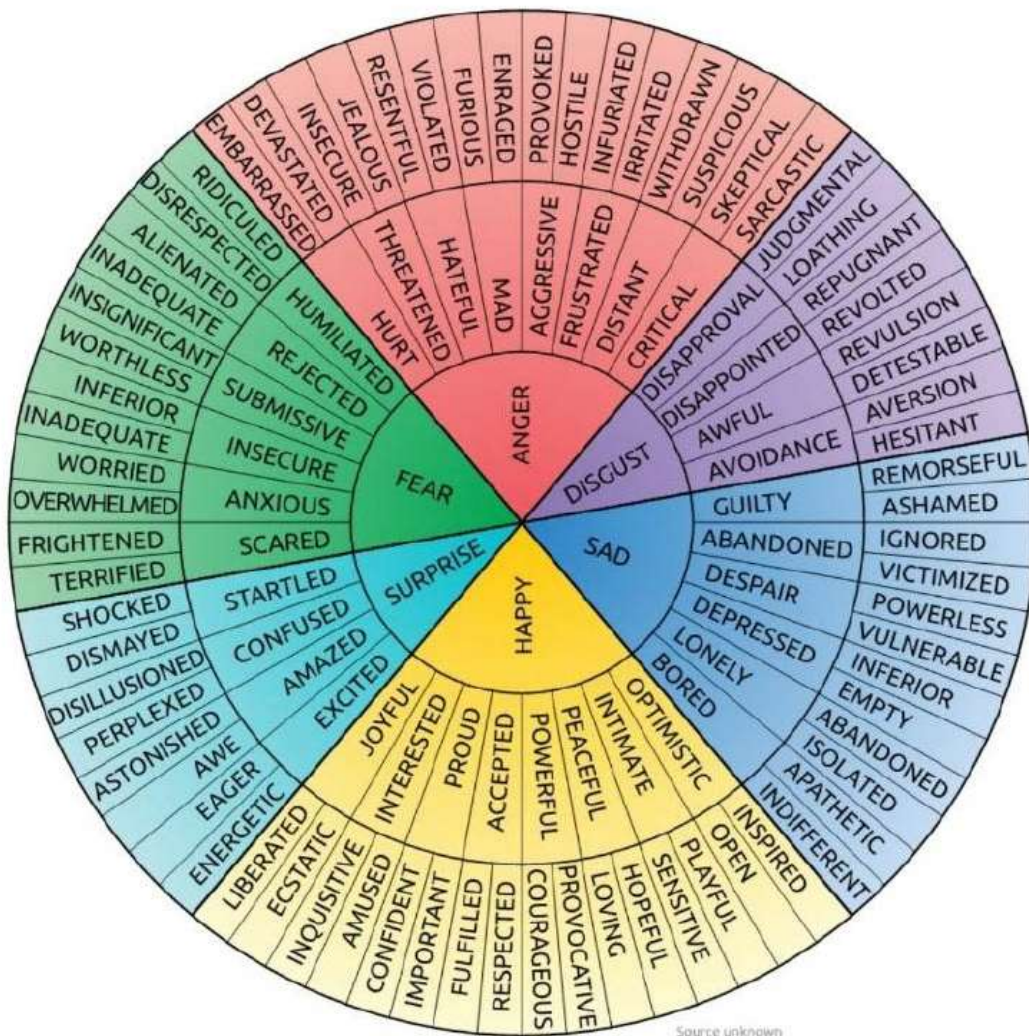


Are you aware when you have emotions – bodily sensations that arise in response to stimulus? Are you able to name your feelings that are based on your interpretation of the sensations and the stimulus?



Source unknown