

FACTS ABOUT FEELINGS

EMOTIONS ARE DEEPLY
CONNECTED TO OUR MIND,
BODY, AND BEHAVIORS

(E = MOTION)
EMOTIONS ARE ENERGY IN EMOTION
THEY SEEK TO MOVE US

EMOTIONS ARE NOT FACTS-
THEY ARE INFORMATION

EMOTIONS ARE SIGNALS FOR US
TO INTERPRET AND THEY ARE
TRYING THEIR BEST TO
COMMUNICATE

WHEN WE IGNORE OR
MISINTERPRET OUR EMOTIONS IT
SHOWS UP IN OUR BEHAVIORS,
RELATIONSHIPS, AND CHOICES