If Feelings Could Talk...

- **SADNESS** might be telling me I need to **CRY**.
- **SHAME** might be telling me I need **SELF-COMPASSION**.
- **RESENTMENT** might be telling me I need to **do something CREATIVE**.
- **ANGER** might be telling me I need to **check-in with my BOUNDARIES**.
- **ANXIETY** might be telling me I need to **breathe**.
- **STRESS** might be telling me I need to **take it one STEP at a time**.