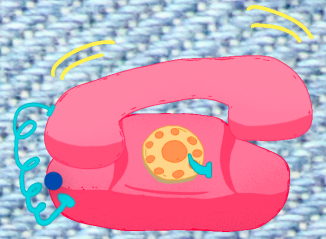
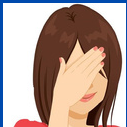


# *If Feelings Could Talk .*



***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***

