

Day 3. Where do emotions come from?

How do you manage your emotions right now, and what would you like to change?

3. EXERCISE: BE OBSERVANT.

Armed with this newly acquired knowledge, you can now be more observant of your current emotions. Your self-reflection and what others have shared will help you to be more in tune with what you're feeling.

If you make any new discoveries, make sure to share with the group. You can even write down your experience; doing so will help clarify your thinking and keep you in "learning mode".