

EMOTIONAL REGULATION?

05

HOW DO I FEEL?

What signs are there in my body?



04

HOW DO I FEEL?

What signs are there in my body?



03

HOW DO I FEEL?

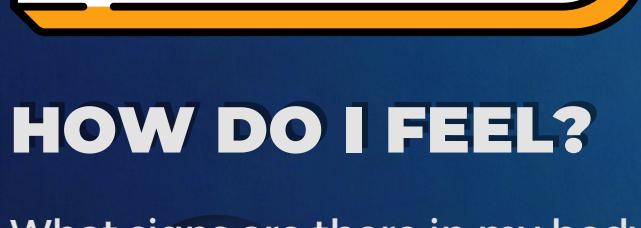
What signs are there in my body?



02

HOW DO I FEEL?

What signs are there in my body?



01

HOW DO I FEEL?

What signs are there in my body?

