## Managing My Emotions

How are you feeling? Name it.



What happened? specify only the facts.

	What strategies	can you	use to	help	yourself?
--	-----------------	---------	--------	------	-----------

Are you ready to join your group?





If you are not ready to join the group, feel free to take a short break:









Coach Benjamin Mizrahi - Behavioral Specialist - www.MrMizrahi.com - www.facebook.com/BenjaminMizrahi