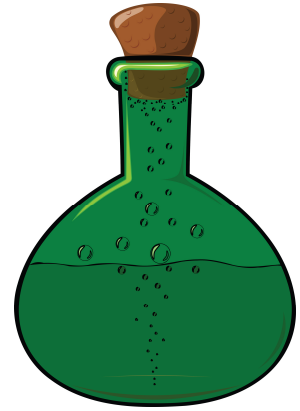


Emotions Bottle

We all experience negative emotions. That's normal. If we **deal with those emotions**, they will pass by and not affect us in the long run.

However, if we **bottle them up** and don't deal with them, they can grow in size and small things can stir them up. The bottle can open up and these feelings can flood out with great intensity. When overwhelmed with emotions, our brain functions differently and feelings can be very difficult to manage.



What emotions fill your emotions bottle?

List the major negative emotions in your bottle (e.g., anger, hurt, sadness, fear, guilt, shame):

Fill in the bottle with your most significant emotions. Try to give them the amount of space that reflects how much of your bottle they occupy:

How do you empty your bottle?

Healthy Ways:

Unhealthy Ways:

