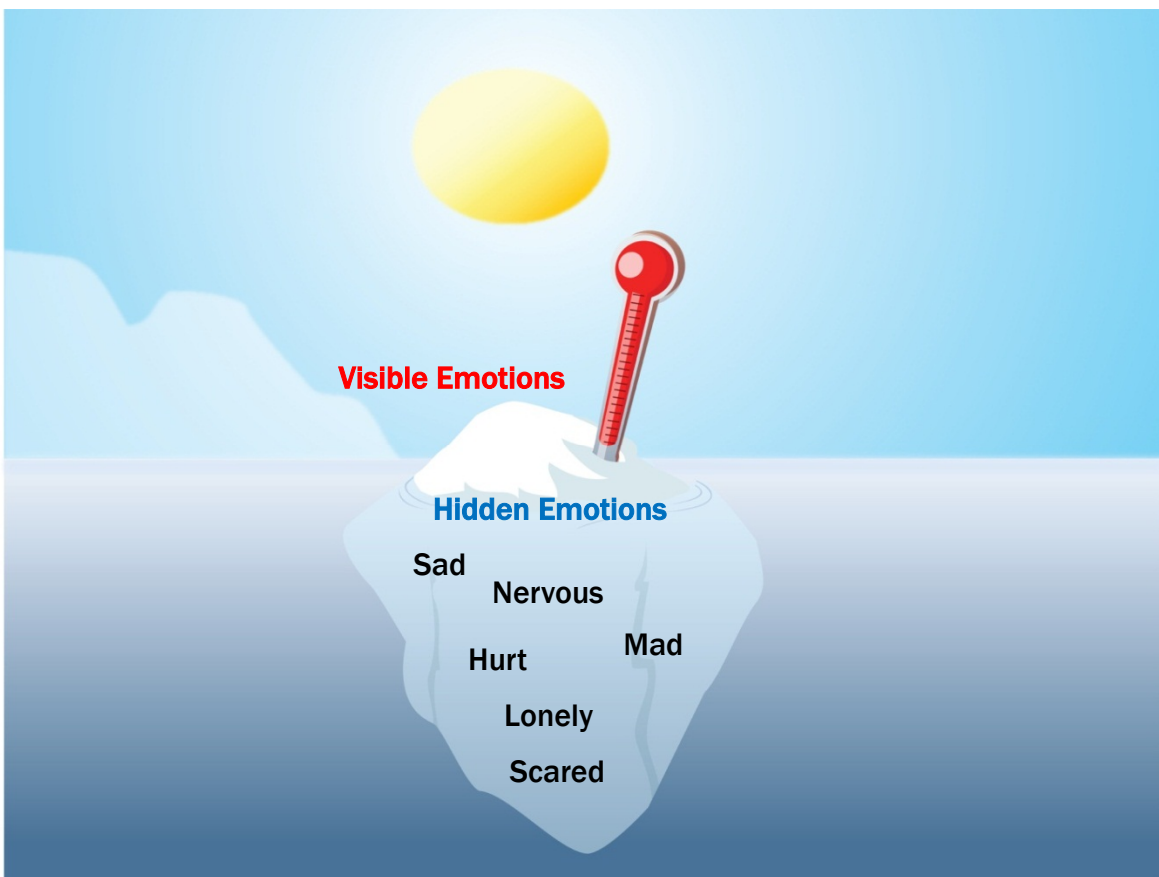


Hidden Emotions

- Sometimes emotions hide deep beneath the surface
- We only let others see certain emotions
- Our surface emotions may be limited (e.g., **anger** [OFTEN MEN] or **sadness** [OFTEN WOMEN])
- Many emotions may hide underneath and give energy to surface emotions



If we do not pay attention to these emotions, they can stay hidden and continue to cause us problems...