



INTRODUCTION

Take some time to reflect on why you are choosing to take this step in your emotional well-being journey. Use the space below to reflect on the following questions.

Why did you choose to engage with this series?



What is one topic you're hoping to learn more about? Why are you hoping to learn more about it?

Objective 1

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the first objective.

Ideas



Questions and Reflections

Objective 2

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the second objective.

Ideas



Questions and Reflections

Objective 3

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the second objective.

Ideas



Questions and Reflections





Video: You aren't at the mercy of your emotions – your brain creates them | Lisa Feldman Barrett (Ted Talk)

Use the space below to jot ideas that sparked your interest and your responses to the following questions.

Ideas



Can you identify the differences between feelings and emotions? Think about Dr. Barrett's example about your interpretation of the churning stomach and the bakery.

Can you identify an example in your own life when you interpreted a feeling based on context?

Use this space to capture any resources you'd like to explore further or notes from the module.





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