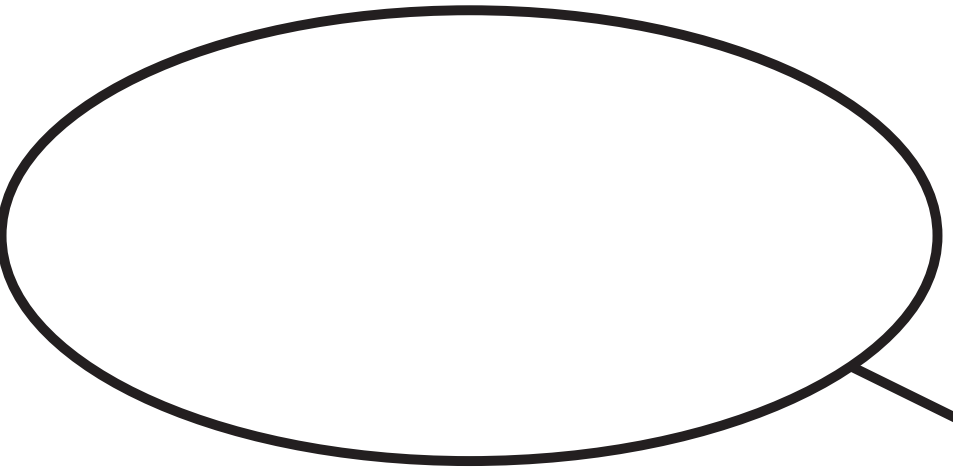
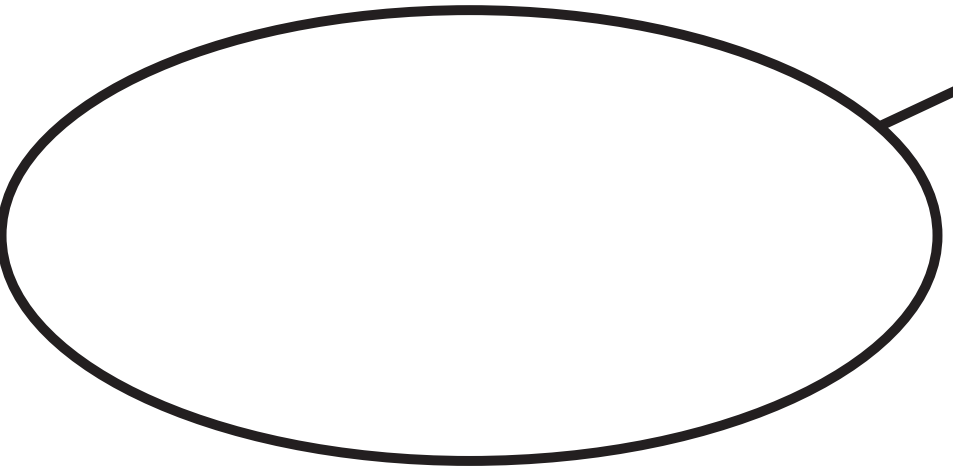
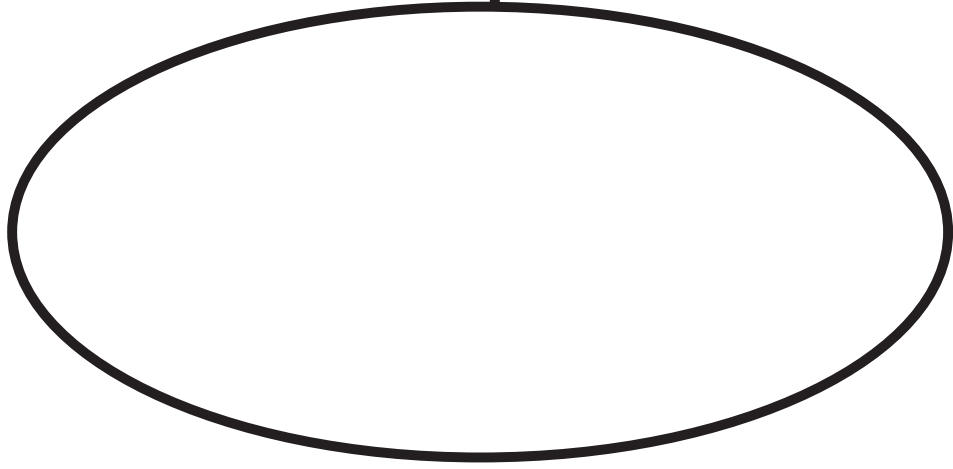
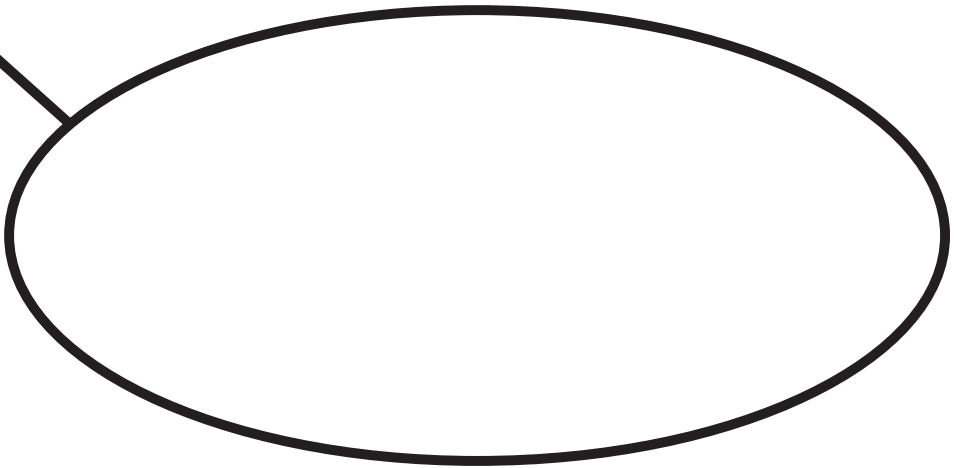
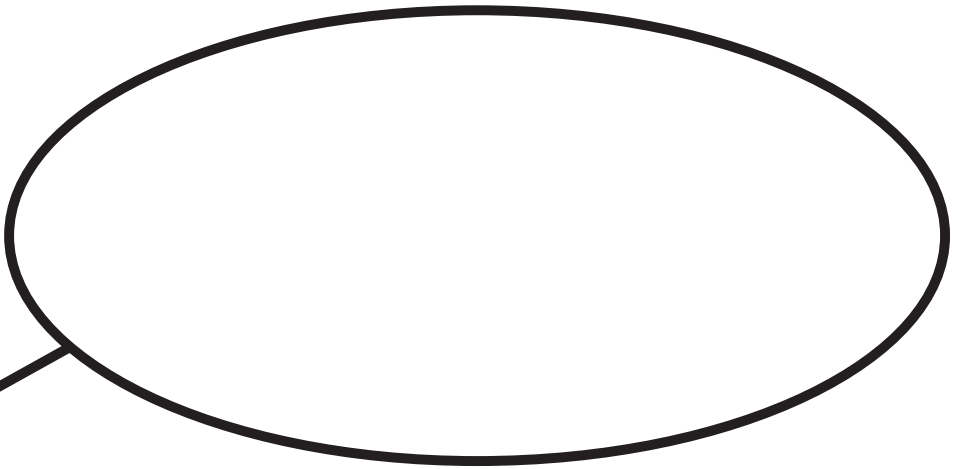
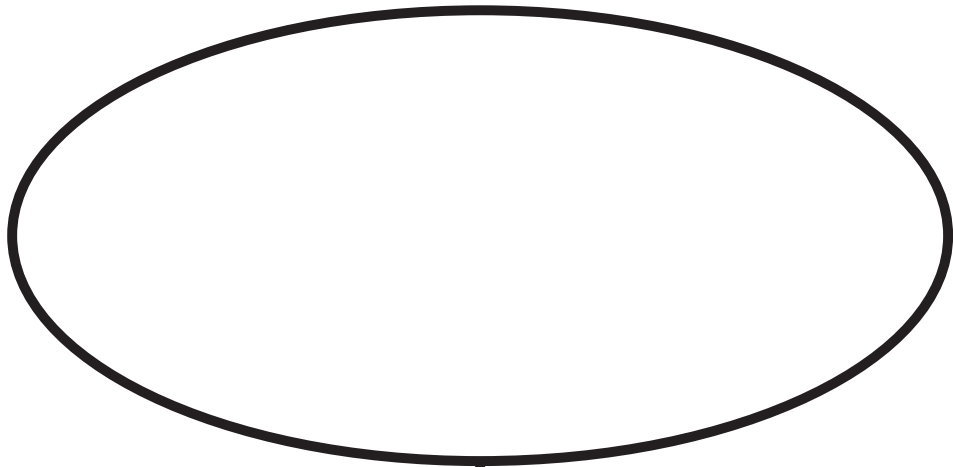
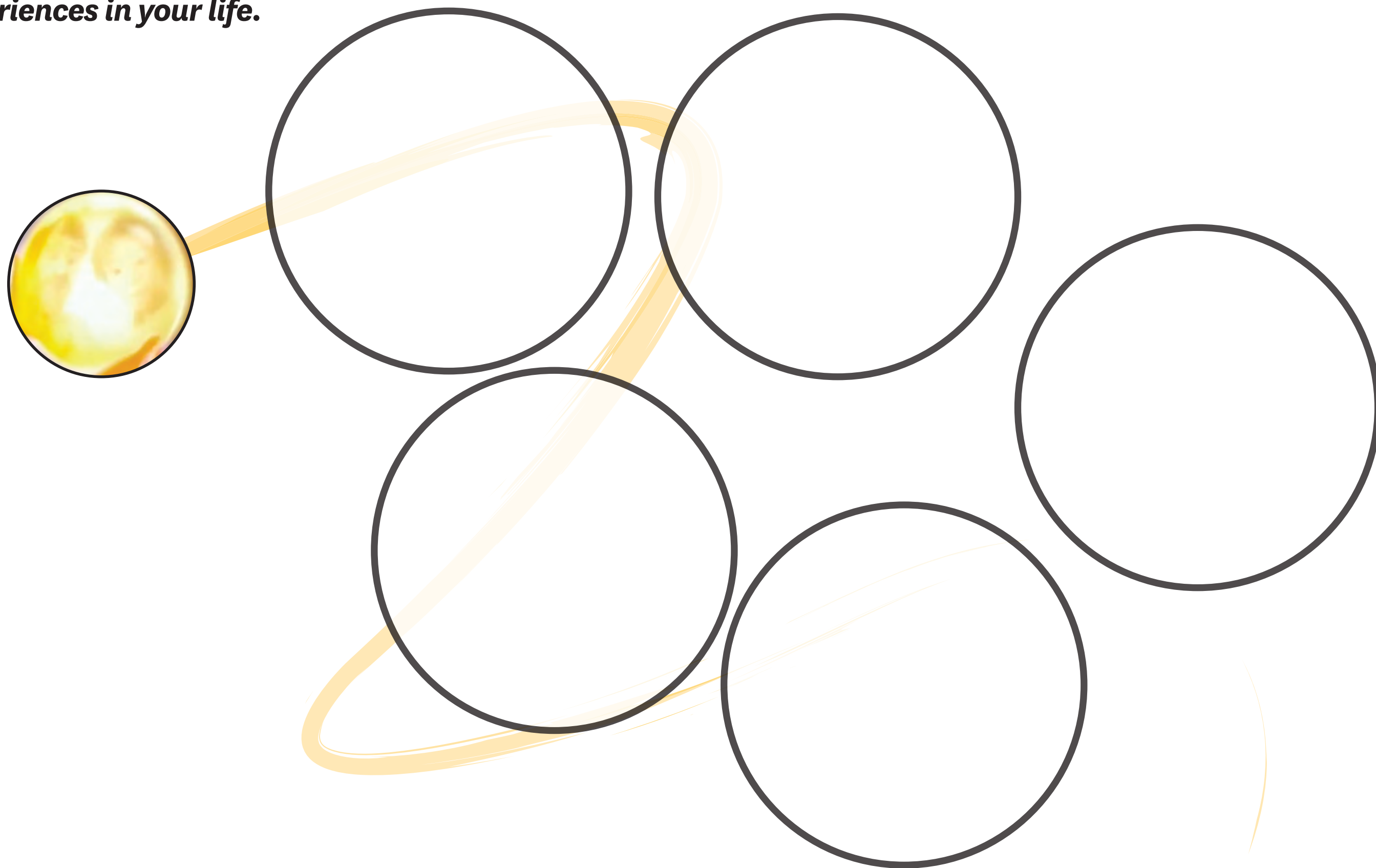


What are some of your islands?
You can draw or write them



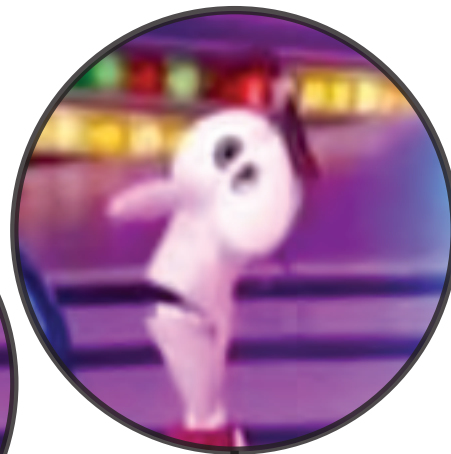
What are some of your core memories?
Core memories are important events
or experiences in your life.



***When have you felt different emotions?
Think about a time each of these
emotions was in control of your
feelings console.***



Sadness / Pouri



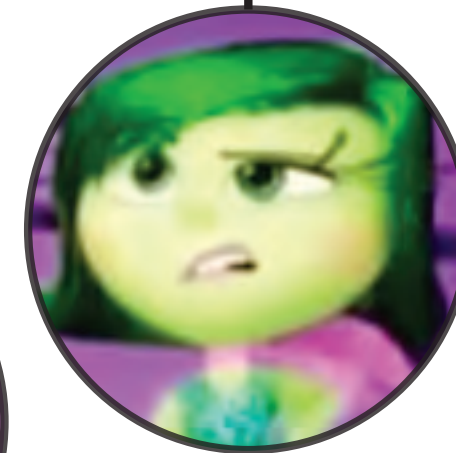
Fear / Matakū



Joy / Hari Koa



Anger / Riri



Disgust / Matakawa

***What are some of your biggest fears and unbearable feelings?
Our subconscious stores these away without us knowing.***

