

# RAGE ON THE PAGE

WHERE ARE YOU FEELING SENSATIONS TODAY? DESCRIBE THEM HERE

WHAT EMOTIONS CAN YOU RECOGNIZE IN YOUR BODY?

WHAT MESSAGES DO THESE EMOTIONS/SENSATIONS WANT TO SHARE?

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WHAT NEEDS OF YOURS ARE GOING UNFULFILLED?

HOW DO YOU FEEL WHEN YOUR NEEDS AND WANTS GO UNFULFILLED?

IF NO ONE WOULD EVER KNOW, WHAT WOULD YOU LIKE TO SAY TO THE PEOPLE IN YOUR LIFE?

# RAGE ON THE PAGE

IF NO ONE WOULD EVER KNOW, WHAT WOULD YOU LIKE TO SAY TO THE YOUNGER VERSION OF YOURSELF?

IF YOU COULD WAVE A MAGIC WAND, WHAT WOULD YOU CREATE FOR YOURSELF TODAY?

WHAT IS ONE WAY YOU CAN GIVE YOURSELF THE LOVE AND CARE YOU DESIRE TODAY?