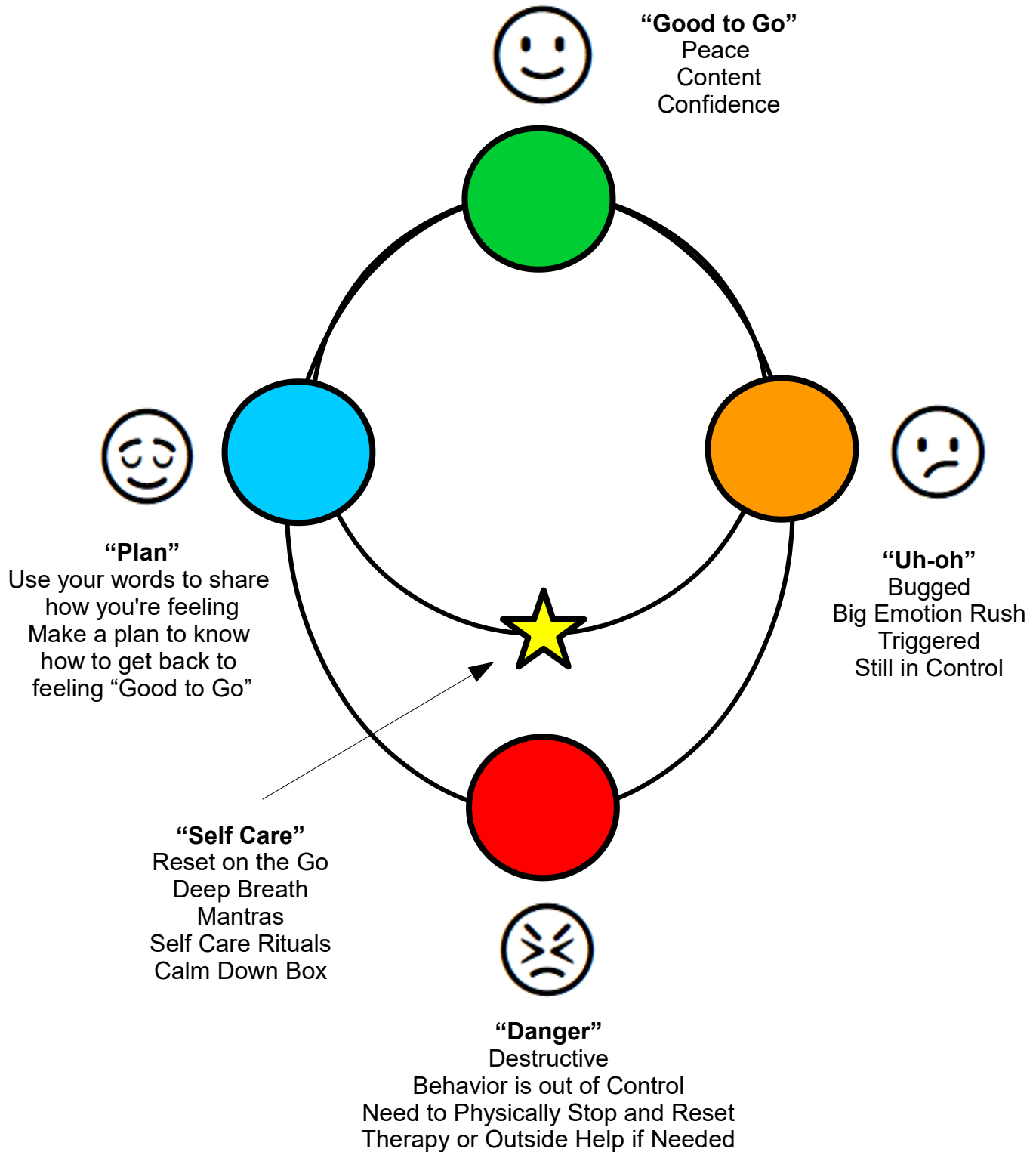


MY EMOTIONS CYCLE

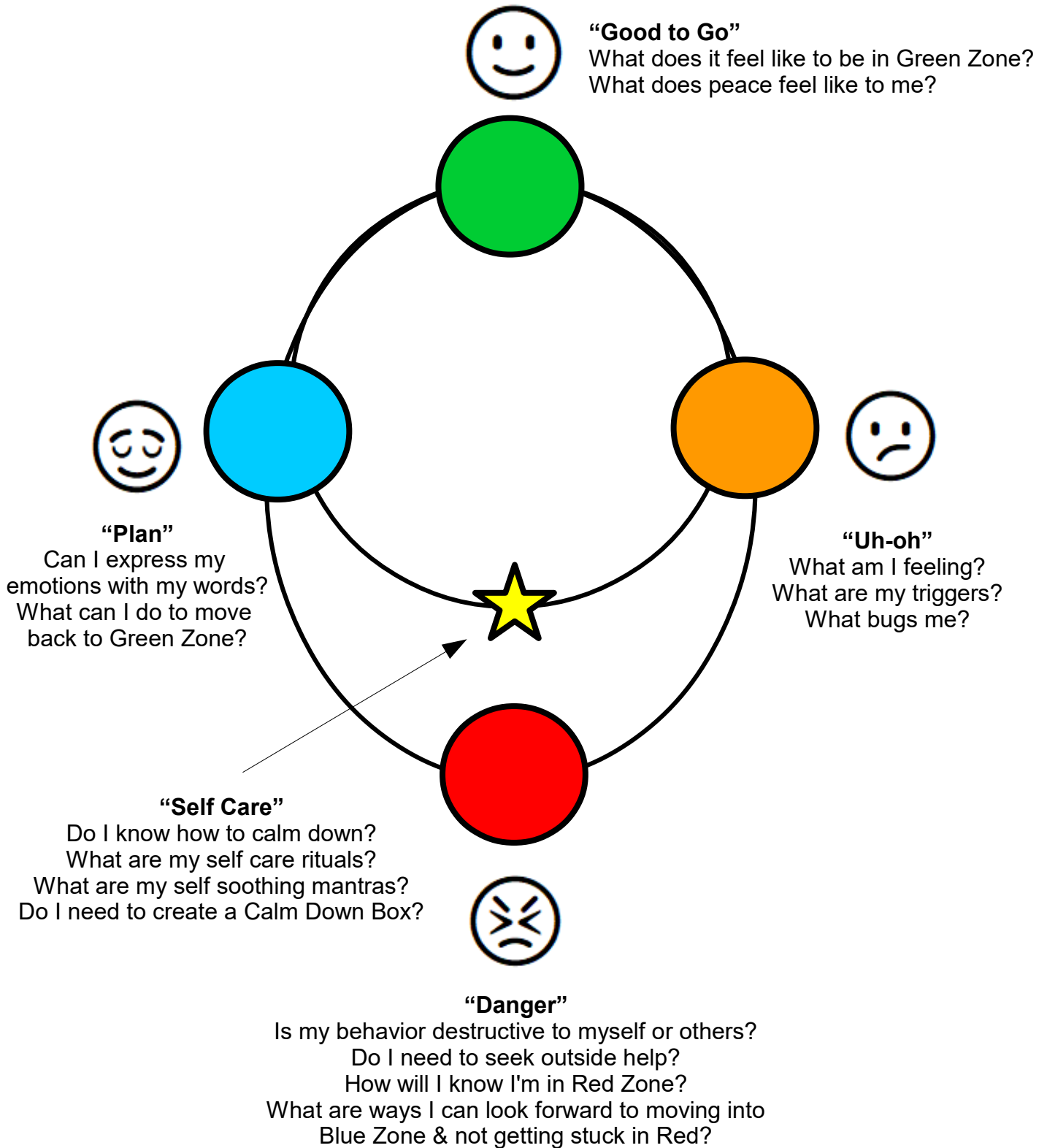


*There is an Inner Cycle and an Outer Cycle:

We try to avoid dropping to Red Zone, but it happens. However, both provide a way to move back to Blue then eventually Green and not stay stuck in one color forever. Also you don't need to rush the time table of when you move colors, but you have hope knowing you are able to move & flow and able to return to Green if you choose to follow the steps. SUNSHINESABOR.COM

MY EMOTIONS CYCLE

My Personal Plan



There can Peace while Processing:

Even though you may not feel “good” all the time, you can have *peace and hope* knowing you are learning how to master your emotions and knowing how to deal with them in a healthy & positive way.

MY EMOTIONS CYCLE

My Personal Plan

