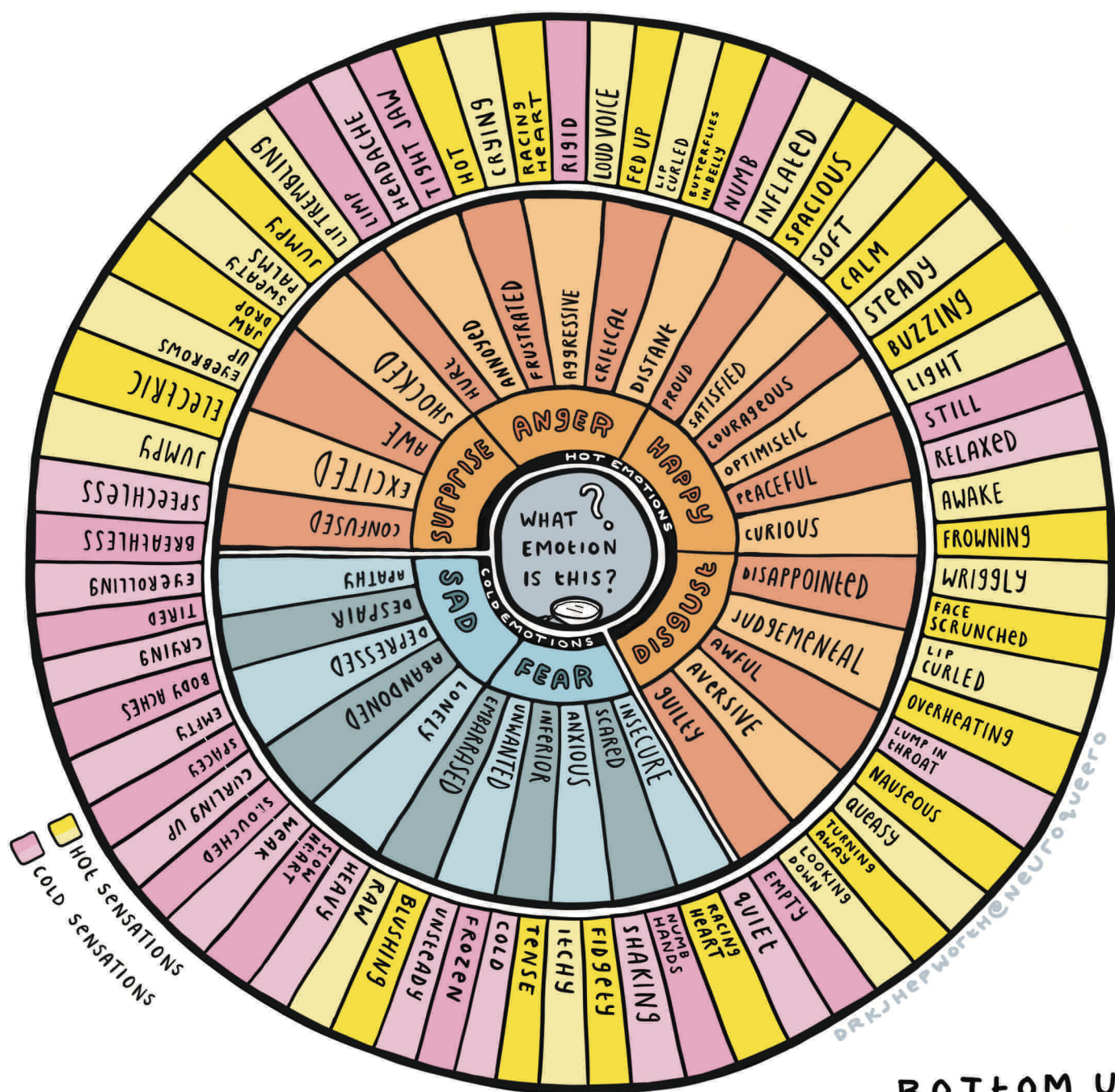


EMOTIONS-SENSATIONS

WHEEL



TOP-DOWN
EMOTIONS

① thought

② emotion

③ body
sensation

WHERE IS THIS
EMOTION
COMING FROM?

BOTTOM UP
EMOTIONS

③ thought

② emotion

① body
sensation