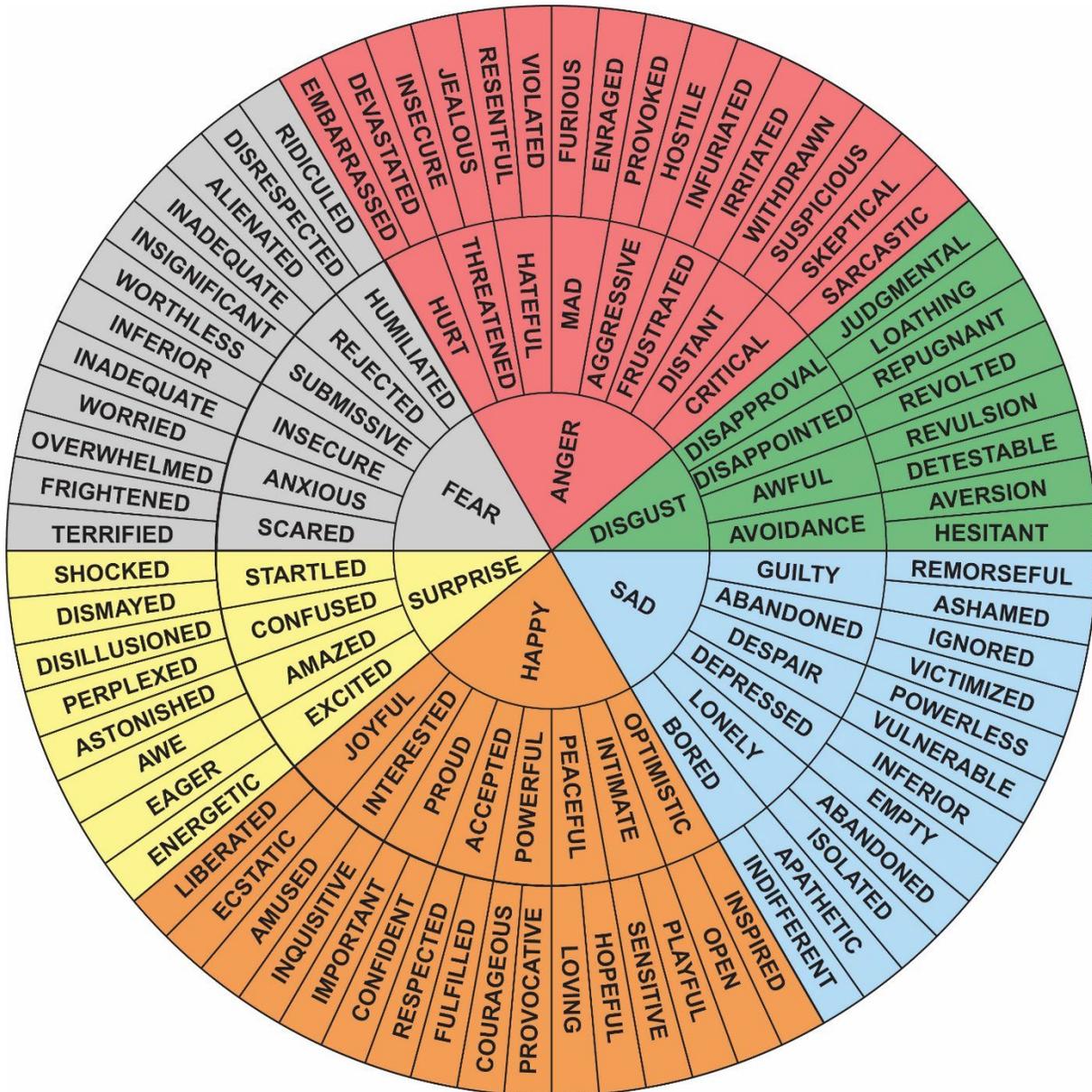


Planning Emotional Regulation

With a partner, review some of the complex feelings from the two outer rings of the *Feeling Words Wheel*. Discuss the physiological changes (e.g., increased heart rate, feeling hot, turning red) you've experienced with complex feelings as well as coping mechanisms, strategies, or tools you have used—or could use—to manage your emotional reactions



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