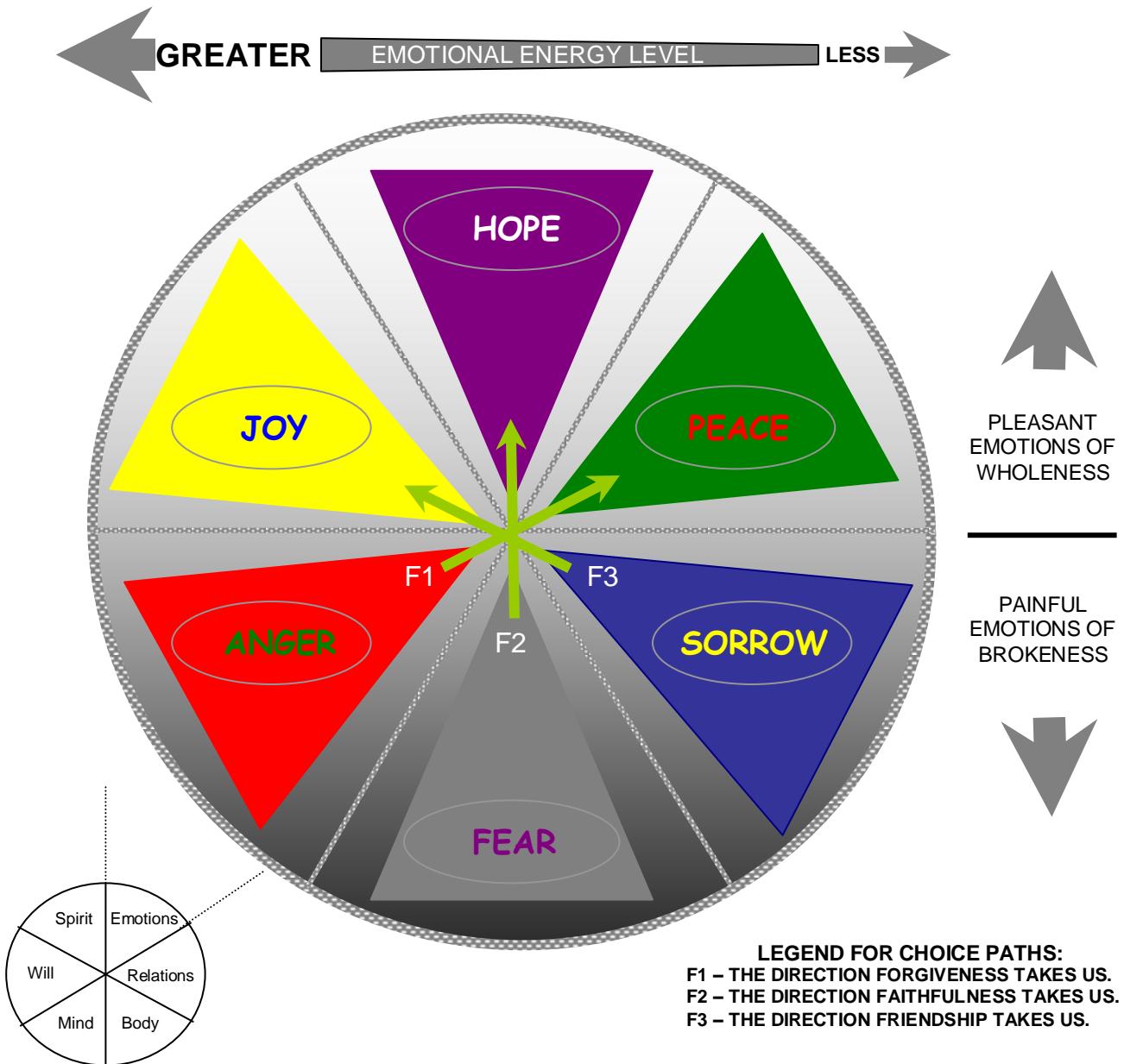


# HEALTHY EMOTIONS MAP

A MODEL FOR MASTERING THE ART OF FEELINGS  
BY CHOOSING THE EMOTIONS WE PREFER TO EXPERIENCE



Relating to emotions is a learned art. Like ballroom dancing, it is a set of skills acquired by regular practice with one or more partners who join in listening to their hearts and in moving in unity. Each partner takes turns leading and following the other's heart. As children, we learn to limit our sensitivity to and expression of emotions. Eventually, we may learn to deny emotions and feel numb. Mastering the art of healthy emotions requires us to learn again to feel and accept all emotions and practice expressing and receiving them. At first, we may feel uncomfortable as we reacquaint ourselves with emotions – both ours and others'. In time we'll become enchanted with the graceful dance of emotions.

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The ABCs of Love

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