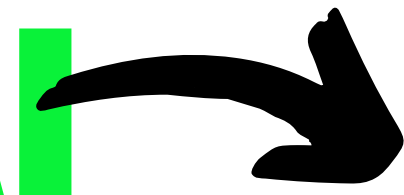




TRY AND LEARN



ACTIVITY WORKSHEET

PRACTICE APPLYING THE *NOBLE ONE FEELINGS CHART AND/OR THE *NOBLE ONE EMOTIONAL PROCESSING METHOD TO A CHALLENGING SITUATION YOU ARE CURRENTLY EXPERIENCING OR ONE YOU CAN RECALL FROM THE RECENT PAST.

N

Notice Your Thoughts

O

Observe and Name Your Feeling

B

Belief - The Story

L

Let It Be - Allow the Feeling

E

Express Your Needs