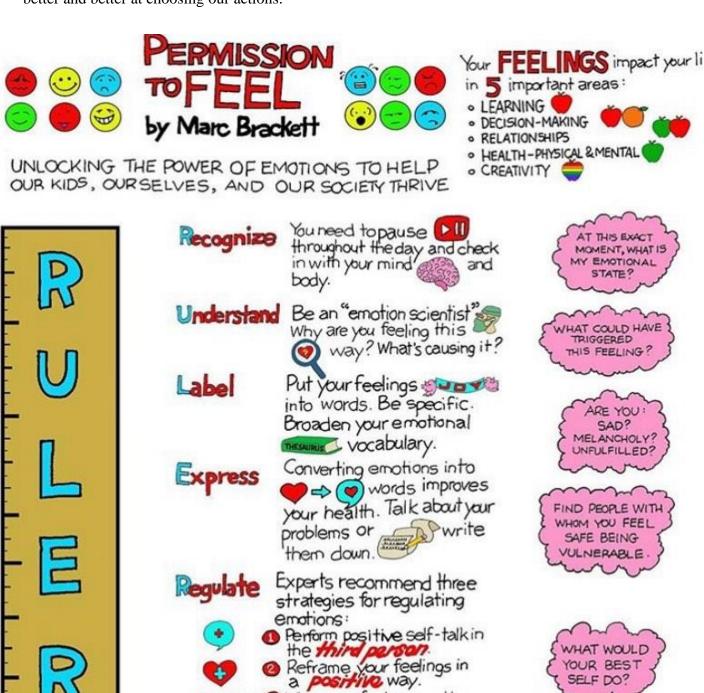
Emotional Permission and Safety – Knowing our Best Selves

Creating a context around our emotional experiences is an important way to increase our sense of safety with big emotions. Learning to identify with our personal strengths can help us bring our best selves to any emotional experience. We are not defined by our feelings alone and can get better and better at choosing our actions.



When you teel a negative

emotion, ask: "What would my best self do?"

YOUR BEST SELF DO?