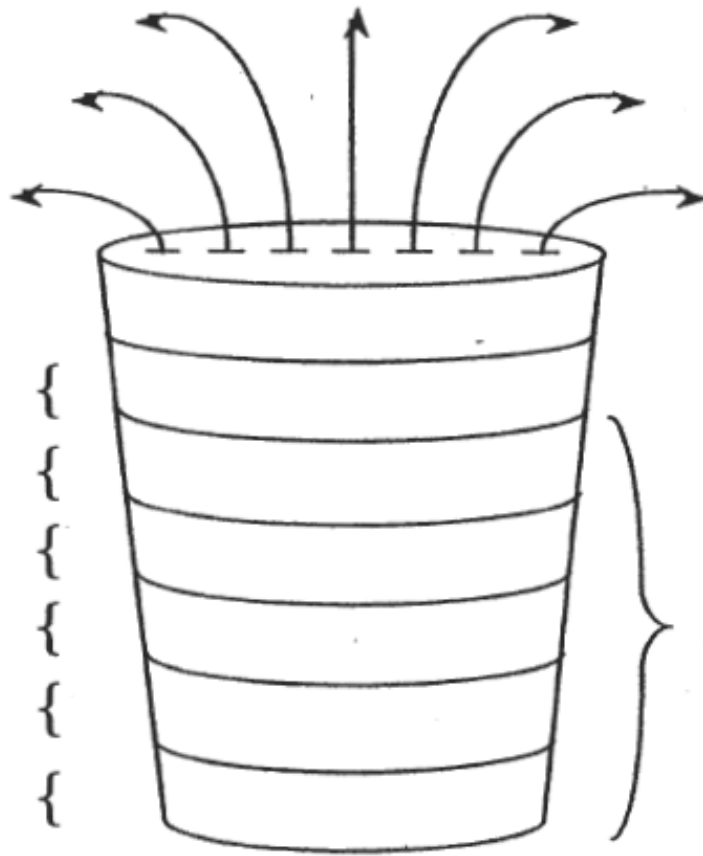




Emotional Capacity

Your Cup Runneth Over!

Symptoms of a "Full Cup"



You Can Only "Hold" So Much Emotion

Identifying Selected Unhealthy Accumulations of Emotion:

1. Hurts –
2. Anger –
3. Bitterness/Resentment –
4. True Guilt –