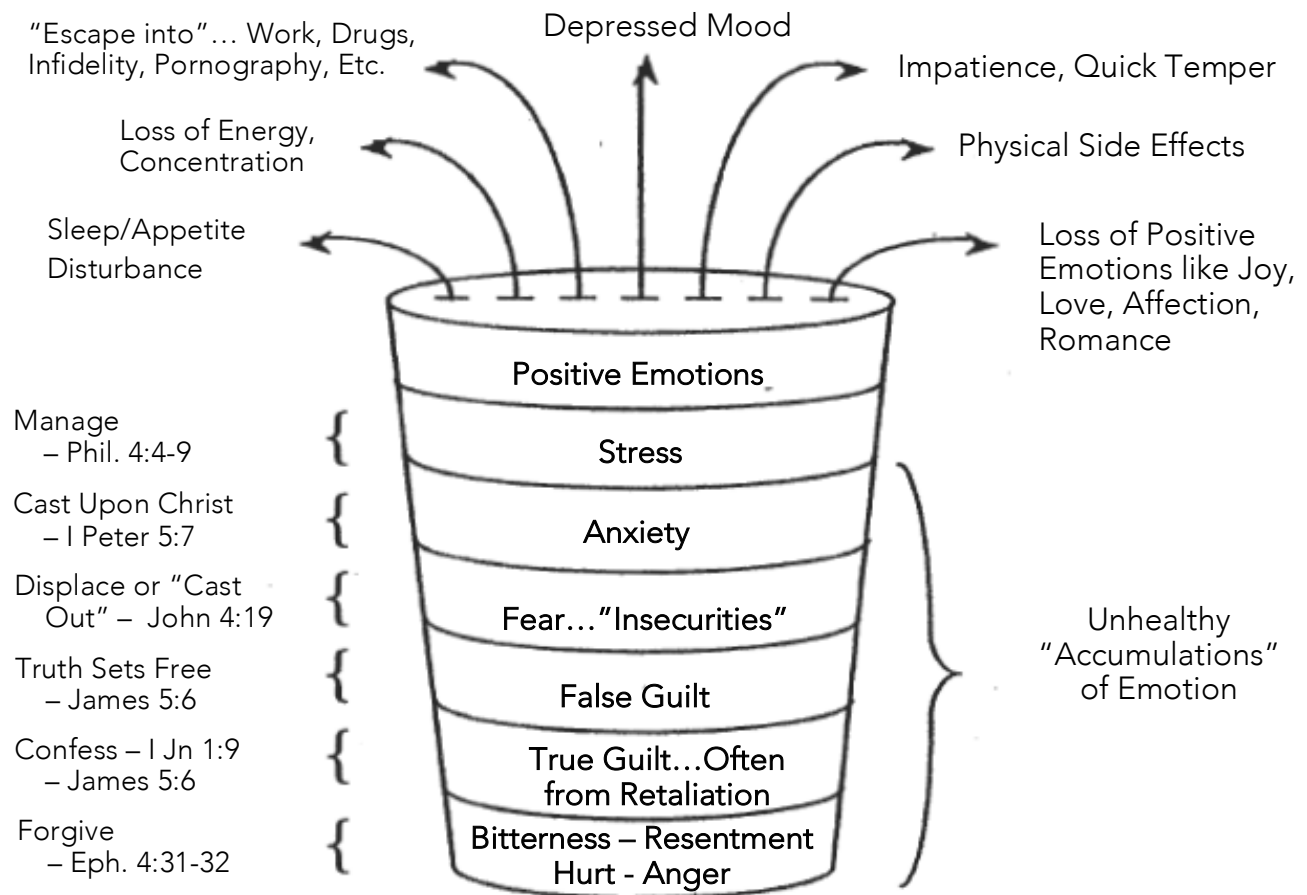


Emotional Capacity

Your Cup Runneth Over!

Symptoms of a "Full Cup"



You Can Only "Hold" So Much Emotion

Identifying Selected Unhealthy Accumulations of Emotion:

1. Hurts – In what ways and in what relationship have I felt "wounded" with words or actions
2. Anger – Who do I avoid, reject, criticize, ignore or otherwise retaliate against?
3. Bitterness/Resentment – Who do I wish harm on? Talk evil of? Or strike to not be like?
4. True Guilt – What have I done that would hurt, reject, wrong, wound or otherwise show contempt or disrespect?