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*“Writing is a way to meet your life. Your life as it is and as you imagine it could be. As it was and as it might have been.”*

**— Mirabai Starr**

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**Instructions:** Emotions are always passing through us. They need motion. Otherwise, they can get stuck inside of us. One way to tend to our emotions is through acknowledgment. Creatively giving them a vehicle to be expressed changes negative states. This could be an especially supportive exercise when you are honoring your need to disengage and to disconnect from those around you to give yourself the gift of retreating inward.

For this exercise, ask yourself, “What are three most consistent emotions moving through me right now?” Write them down below.

1.

2.

3.



Then walk through the image prompts. Assign one of the emotions to an image. Feel into what it solicits inside of you. Feel free to use the same emotion with different images or find your own image that aligns best with the identified emotions you wrote down. You could also just write about the emotion without the image prompt and vice versa. Do what creatively calls to you. Gather your journaling materials and begin to write when you are ready.

### **Prompt #1**

**Emotion:**



**Prompt # 2**

**Emotion:**



### Prompt # 3

Emotion:

