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DI	BT	EI	ME	T	0	N	RI	EG	U	L	T	101		W	OF	ßK	SH	IE	ET
			Wha [.]	t is t	your	typi	cal r	reac	tion	whe	n thi	s emo	otio	n is	pres	ent?			
				How	woo	uld y	ou f	prefe	er to	res	pond	to th	is 6	emo	tion?				
				\A/I -				1.		1	Ll • -				10				
				VV ha	IT CA	n yo	u 40) ТО	resp	ond	This	way r	nor	e ot	Ten				
			1	What	ski	lls do	900	u ne	ed to	o use	to 1	respoi	nd t	this	way	?			
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	What	did	you l	earn	froc	n th	is ex	xerci	se t	hat	you c	an ta	ke	foru	vard	into	your	life	?
			_																