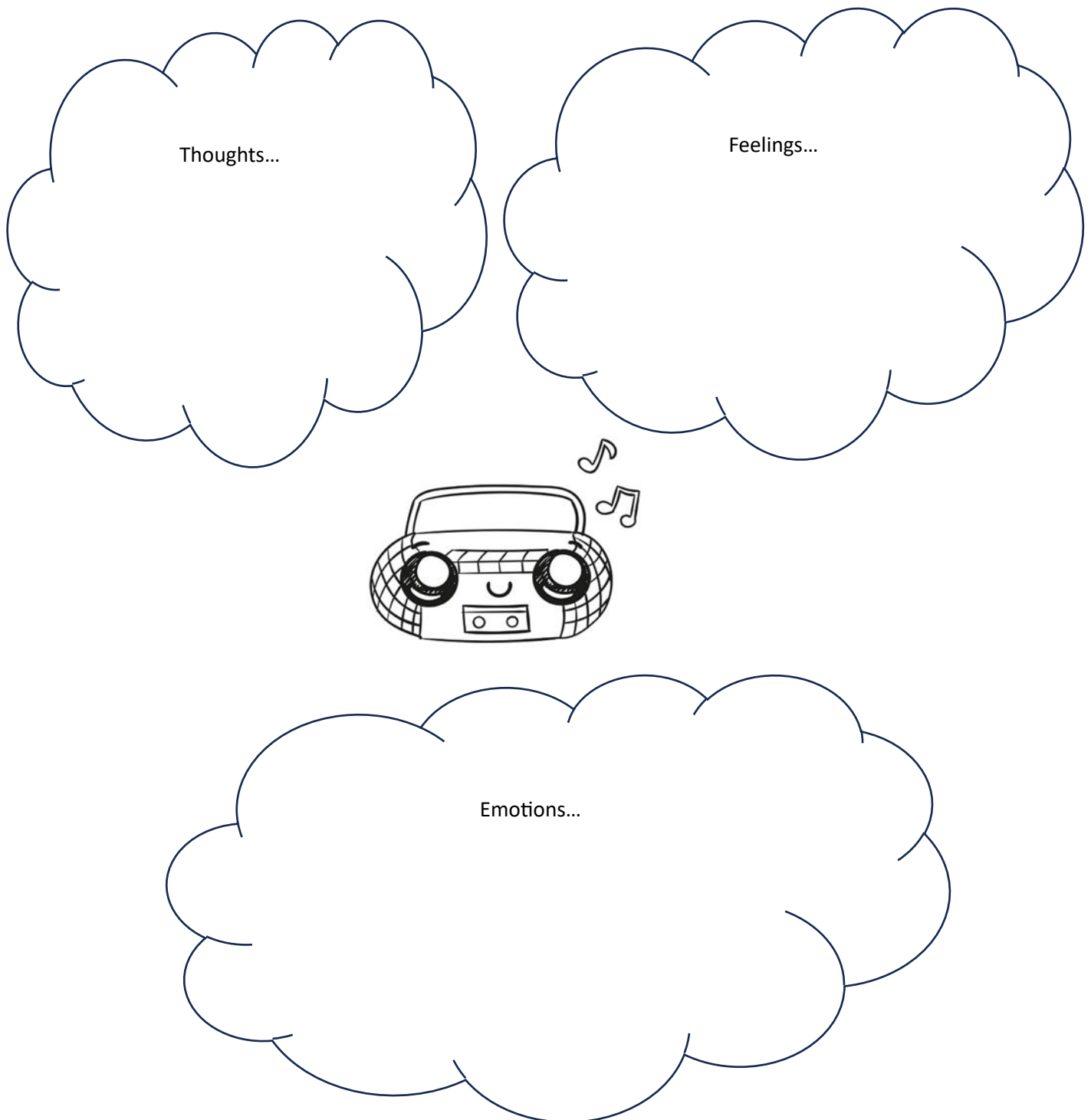


What's playing on your radio?

Imagine you are trying to tune your radio. The first music you hear is a really loud rock song, you try to tune it out but for some reason it's playing on every radio station you tune into. You try to think of a different song, but this song is so stuck it's all you can hear in your head all day. Eventually the song gets stuck in your mind you become frustrated because you can't think of any other songs. Our emotions can be very much like the radio. When we feel ourselves dealing with intense or overwhelming emotions our thinking becomes 'one track'. What emotions, feelings and thoughts tend to get stuck in your head?



Thoughts...

Feelings...

Emotions...