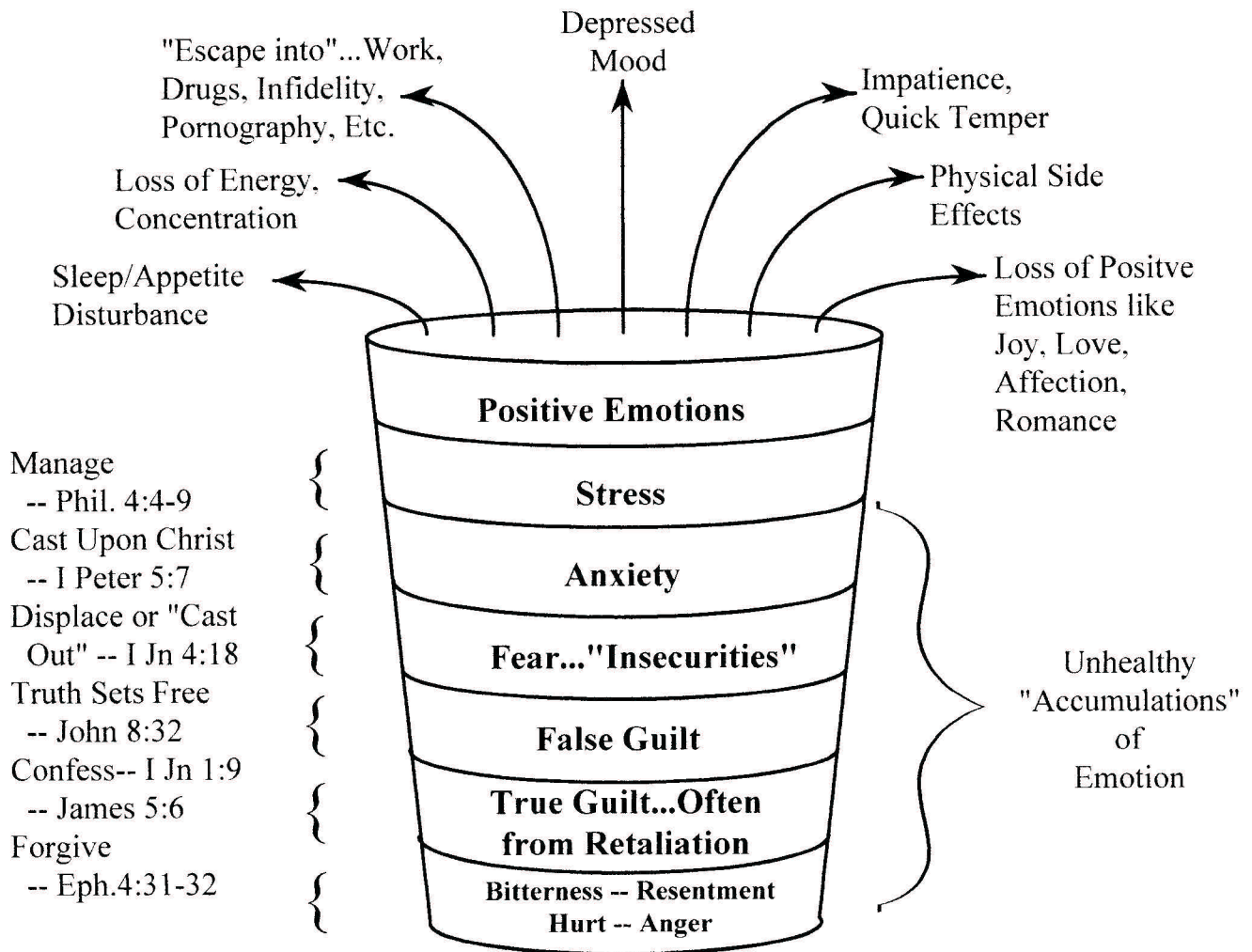


# Emotional Capacity

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 relationships 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 strive to not be like?
4. True Guilt-- What have I done that would hurt, reject, wrong or otherwise show contempt or respect?