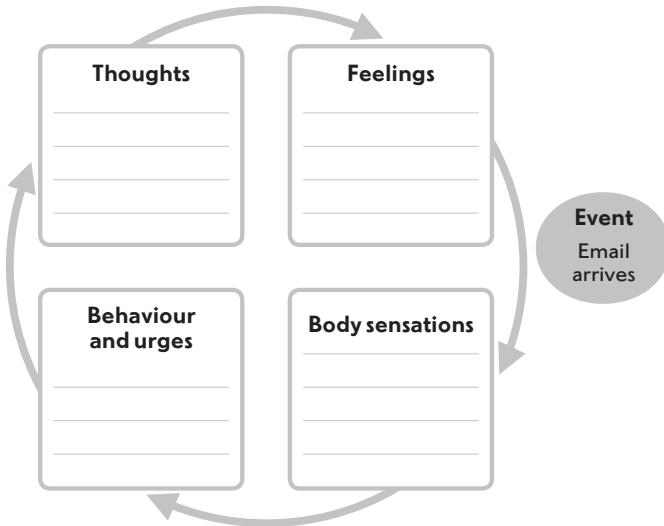


*The Wheel of Experience*

million pounds. Now fill in the segments below about what body reactions, thoughts, feelings and behaviour and urges you have.



What have you noticed? Sometimes it can be difficult to identify feelings and what goes on in our bodies when they happen. We'll work on this further on in this chapter. Now repeat the exercise for how this Wheel of Experience would look if you did your usual thing and did not believe the email:

