

# Everything at Once

Sort out a pile of feelings that all turned up together.

## WHEN TO USE THIS

Use this when you feel four things at the same time and cannot move.

Name up to four feelings that are here right now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Which one is loudest? Which one is quietest?

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Do any of them pull against each other?

*Like wanting to be left alone and not wanting to be alone.*

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If you only dealt with the loudest one today, what would you do?

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*You do not have to sort all of it. Start with the loud one.*