

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS # 7: Riding Out the Storm

Remember, the storm is a good opportunities for the pine and the cypress to show their strength and their stability. -Ho Chi Minh

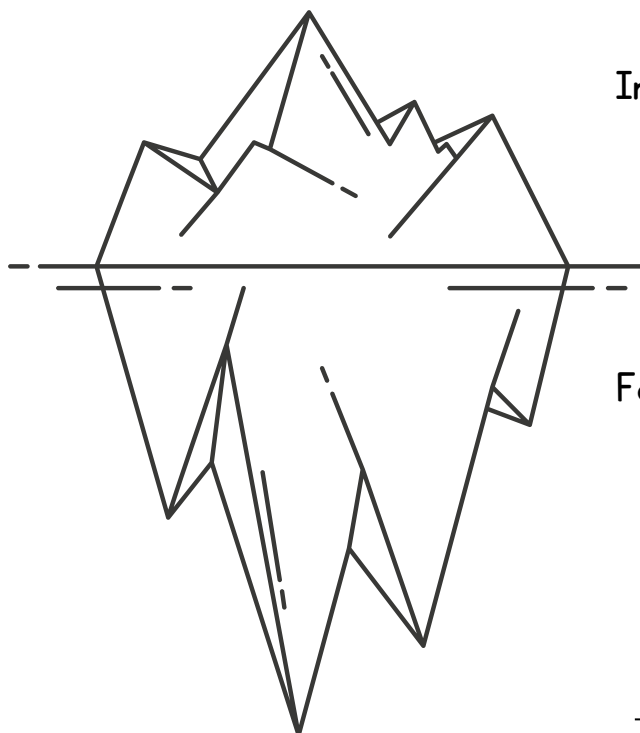
Internal Weather Check: Check in with your body, mind and emotions.

What is your internal weather like right now? Remember, this will and can change throughout the day.

1 - Calm Weather 2 3 4 5- Slight storm 6 7 8 9 10- Thunderstorm

Now, describe your thoughts.

Imagine these thoughts as icebergs. The thoughts are what we see above the surface of the water; beneath the surface, the much larger part consists of emotions. For example, if you are thinking about your endless to-do list, the emotion below the surface might be anxiety or guilt.



Initial Thoughts:

Feelings and emotions beneath the surface.
