

Emotions are like Ocean Waves

- Both are natural phenomena
- Both are composed of the movement of energy
- Neither ask our permission; they just show up
- Both respond to the weather, the moon & the earth's movement
- Your 1st reaction may be to **FIGHT THEM**
- When you fight them, **YOU LOSE**
- Learn to READ & HONOR them → **You can stay SAFE**
- Learn to RIDE them → **You may even have some FUN**

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GREEN Flag =

Small waves = ALL CLEAR

ORANGE Flag =

Medium waves = CAUTION

RED Flag =

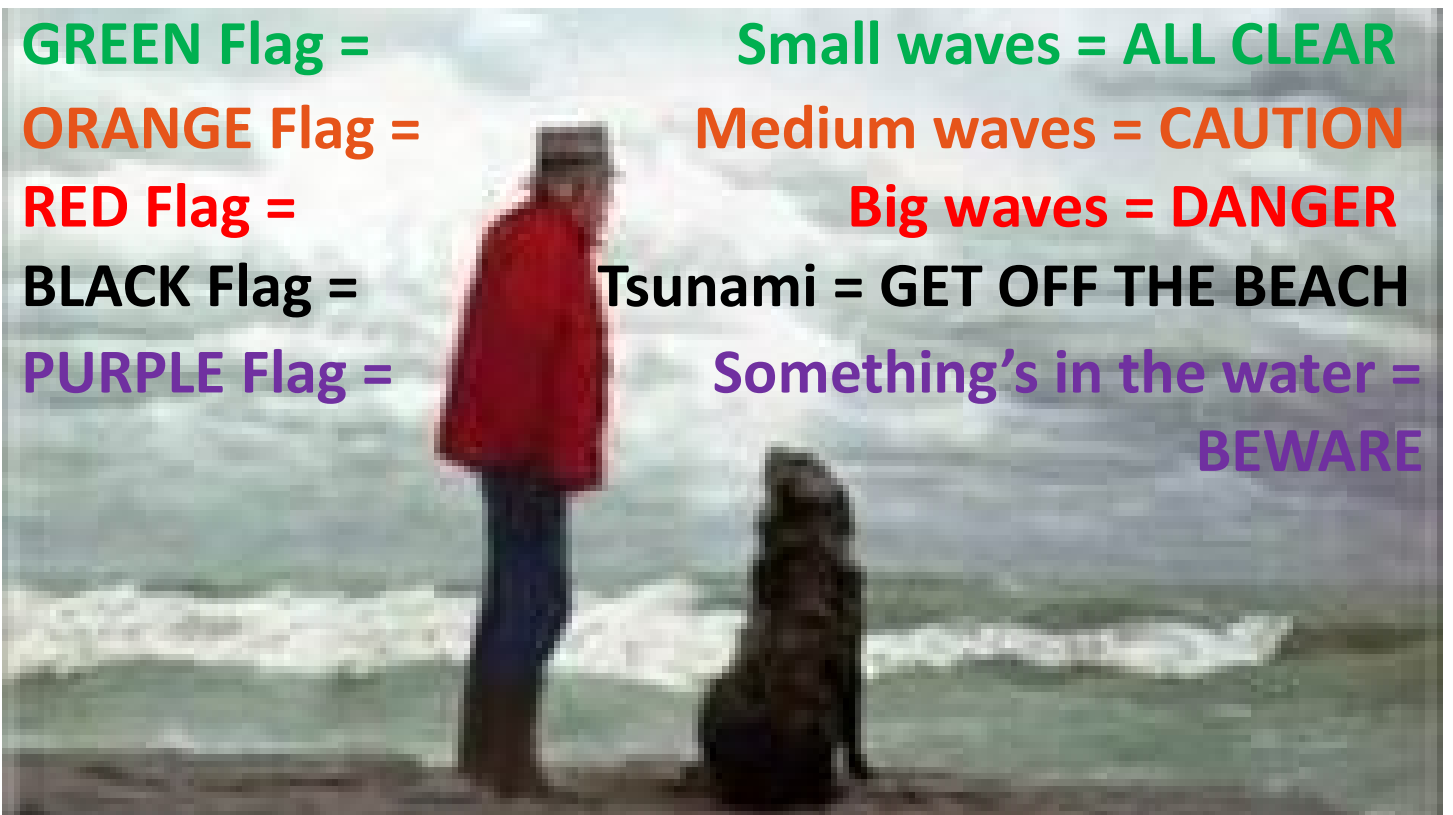
Big waves = DANGER

BLACK Flag =

Tsunami = GET OFF THE BEACH

PURPLE Flag =

**Something's in the water =
BEWARE**



What Color Flag is flying on Your Inner Beach?