

# DAY 11

“We try to hide our feelings, but we forget our eyes can speak.” – Unknown

Your task for today is to examine your own meta emotions. What comes to your mind when you are presented with the word “feelings?” How do you handle others sharing their feelings with you? How do you experience sharing your feelings with others?  
Based on this information- how do you feel about feelings?

Take note of your thoughts below. Then, share with your partner what you found!