



<b>Sensing</b>	Notice in your body that you are having an emotion/ feeling.
<b>Naming</b>	Choosing an accurate name for the emotion/ feeling.
<b>Attributing</b>	Making sense of what caused the emotion/ feeling to happen.
<b>Evaluating</b>	Checking in about how you feel about having the emotion/ feeling.
<b>Acting</b>	Deciding how to cope, use, or deal with the emotion/ feeling.



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