**Emotions flow both ways**

Anger makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Want to punch my boss)

But anger helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Stand up for what’s right)

Fear makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Not take opportunities)

But fear helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Avoid dangerous situations)

Love makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Fall for anyone who says hi)

But love helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Connect to others such as my dog)

Sadness makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Never want to leave my bed)

But sadness helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Slow down and work on myself)

Surprise makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Jump and attack)

But surprise helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Avoid physical harm)

Joy makes me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Miss red flags)

But joy helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Live in the moment)

My emotions flow both ways

And that helps me\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Be a better person)