**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)