Emotional Bucket

Excitement, Creativity, Relaxation, Connection

50% Connection to Self

At Least 5 Things

- Meditation
- Exercise
- Music
- Art
- Etc.

50%

Connection to Others

At Least 5 People

- · Significant Other
- Family
- Friends
- Social
- Etc.

Drains

- Painful Emotions
- Lack of Sleep
- Triggers
- Hunger
- Anger
- Illness
- Stress



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