



## **DO YOU KNOW HOW YOU FEEL?**

**How do you feel about yourself and about your life?**

**How meaningful, fulfilled and rich is your life?**

**Do you feel secure being yourself with others?**

**How much joy are you capable of feeling, giving,  
and receiving?**

**Are you plagued with resentments, anxiety, and  
tension, or with loneliness and a sense of isolation?**

**Do you need a lot of over-activity in order to  
alleviate anxiety?**