**Suggested title:**

**Subject:**

**Content (no more than 900 words):**

**Reflection questions:**

I allow Emotions Anonymous International to use this writing for publication as directed by the Board of Trustees and hereby acknowledge that EAI is the owner of all copyright interests, throughout the world.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

Signature Date