

TABLE B: DETERMINING FEELINGS FW 2.0 MATRIX

FW 2.0 Matrix		
	What is possible if unclear? List all possibilities.	Most Accurate descriptor(s). There may be more than one.
General Family Name Sad, Mad, Scared, Joyful, Powerful and Peaceful		
Core Circles (specific affective feelings) What intensity?		
Behaviors (should be observable to self and others)		
Body Sensations/Interoception (may or may not be observable)		
Body Temperature Sensations		
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See Pages 128-133 on how to use FW 2.0 Matrix