



BUILDING YOUR BEASTIES

Field Guide notes on emotion behaviour.

Think back to the last time you felt disgust and imagine a 'disgust beastie' in your place. How do you think it might behave? What sort of things might it do?

Continue on the back if you need more room.

disgust

In what parts of your body do you feel disgust most strongly? _____

Do you think that a 'disgust beastie' would be easy to tame? What might you do to care for it?

