

# Børn &

# Følelser



sorensensistem™

## *Skolen for Refleksterapi*

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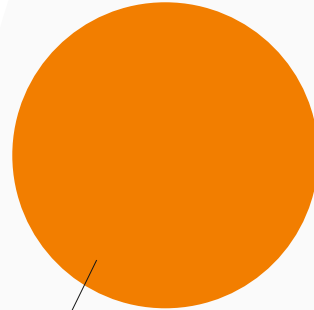
Frederiksberg: Suomisvej 2, 1927 Frederiksberg

[www.internationalreflexology.com](http://www.internationalreflexology.com)

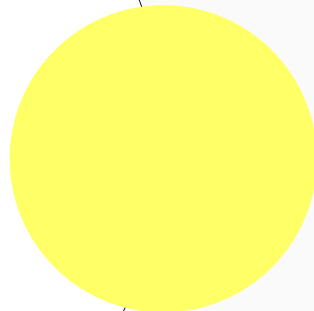
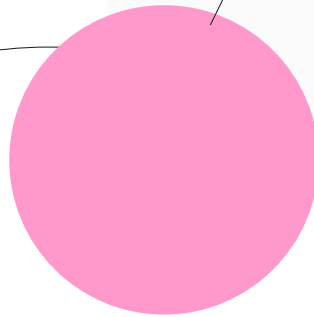
[www.temprana.org](http://www.temprana.org)

# FØLELSER

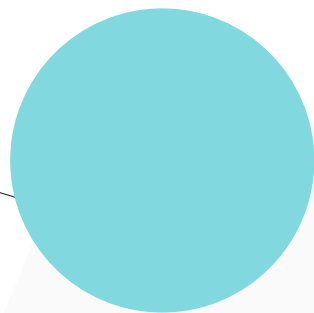
FRUSTRERET/DESILLUTION



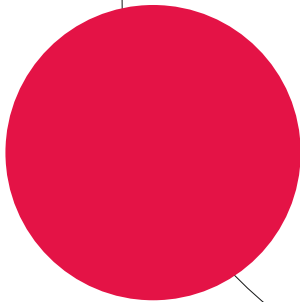
ULYKKELIG



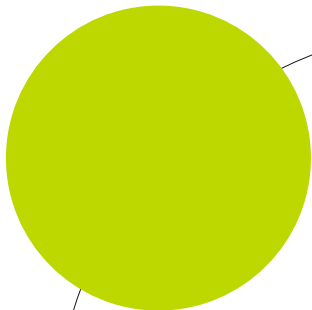
BEKYMRET



SORG

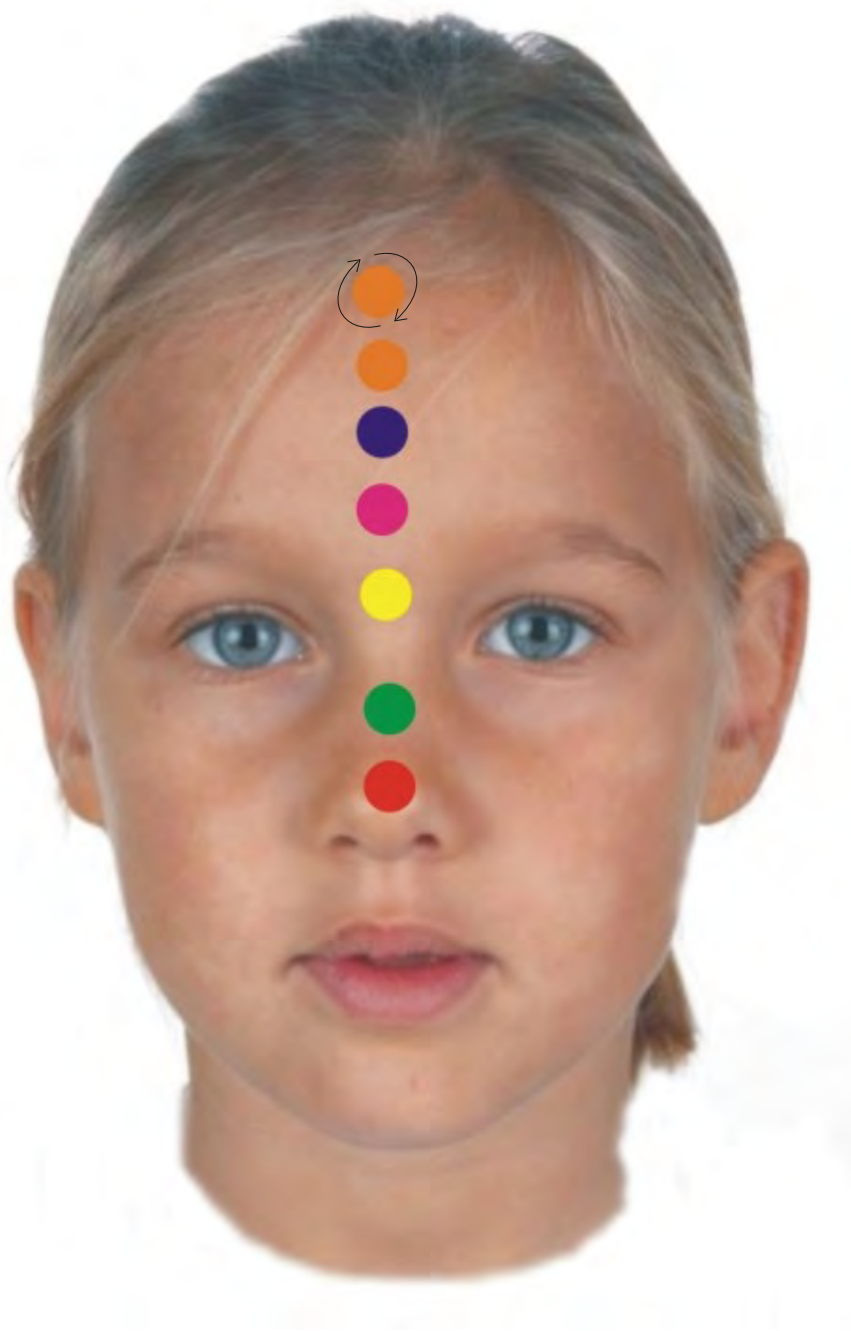


ANGST



VREDE

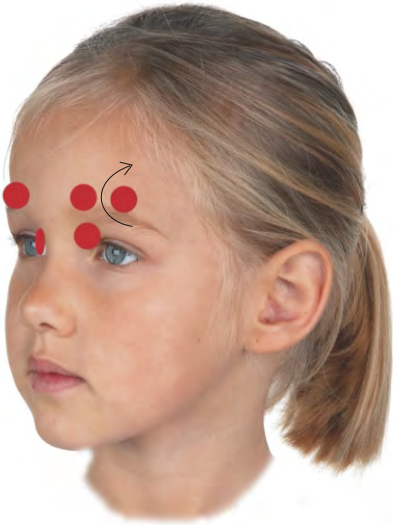
## EMOTIONAL STIMULATION



Begynd stimuleringen med at cirkulere 8 gange, først den ene vej - så den anden. Begynd med orange og slut med rød.

Stimuleringen har en afslappende effekt.

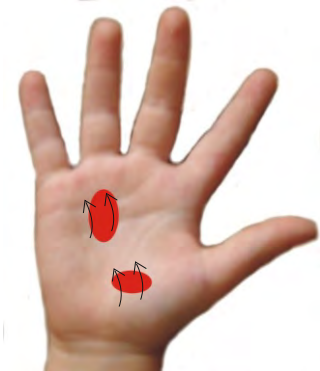
# ANGST



STEP 1



STEP 2



STEP 3