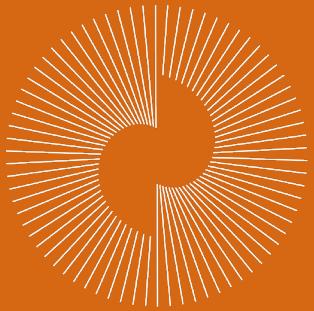


How do I feel?

Remember that the first step is to create awareness and learning to verbalize our feelings.

Here are some feelings flashcards to help you.

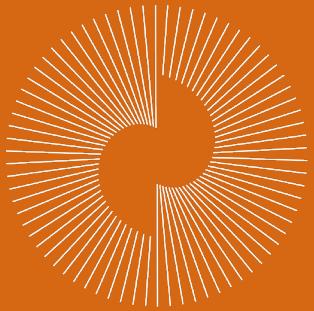




EMOTION 1 OF 12

Me or We?

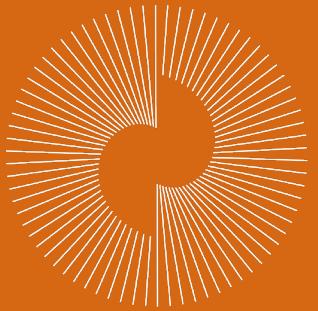




EMOTION 2 OF 12

Restless or Relaxed?

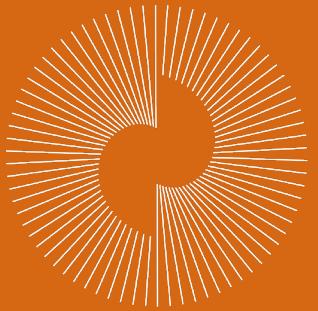




EMOTION 3 OF 12

Fear or Courage?

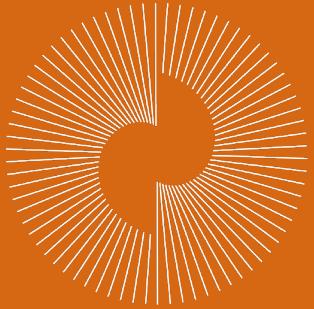




EMOTION 4 OF 12

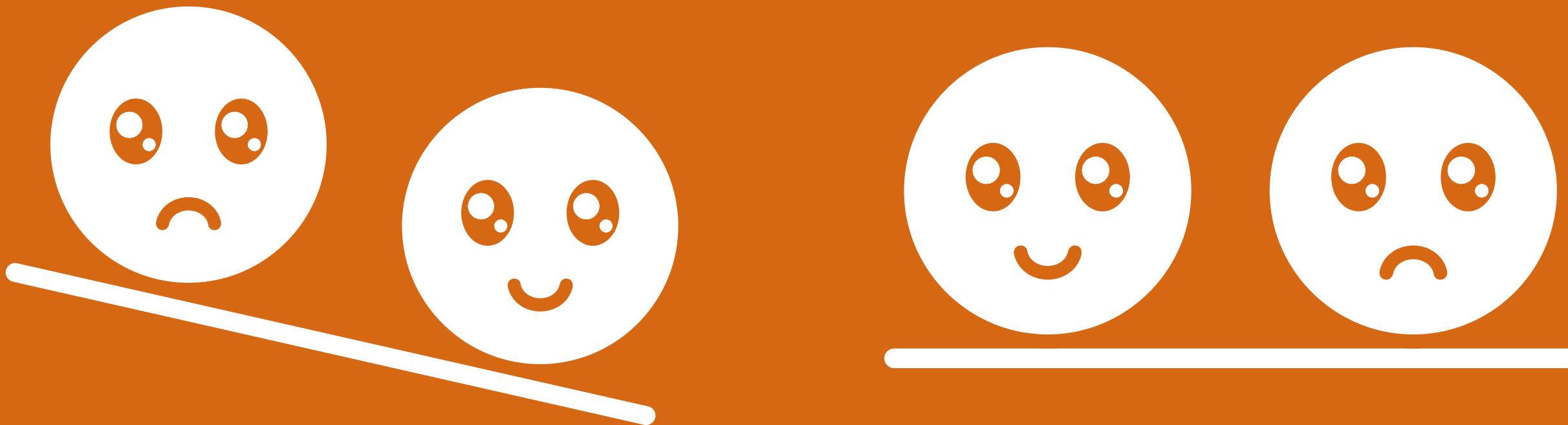
Anger or Love?

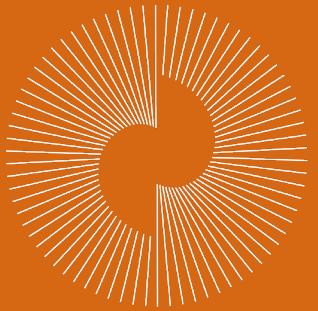




EMOTION 5 OF 12

Imbalance or Balance?

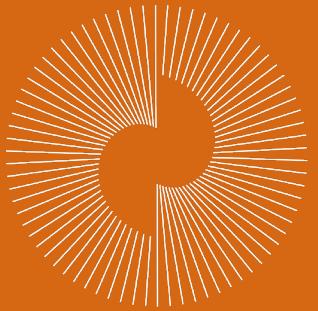




EMOTION 6 OF 12

Heavy or Light?

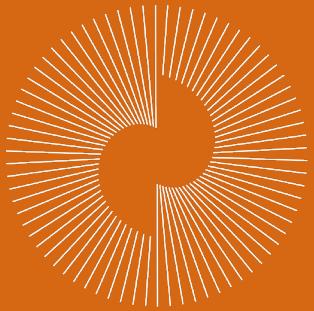




EMOTION 7 OF 12

Confusion or Clarity?

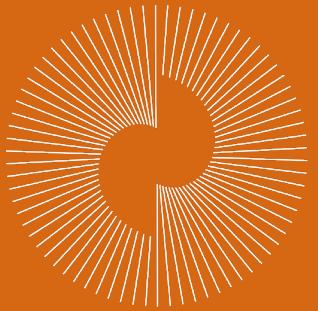




EMOTION 8 OF 12

Desire or Contentment?

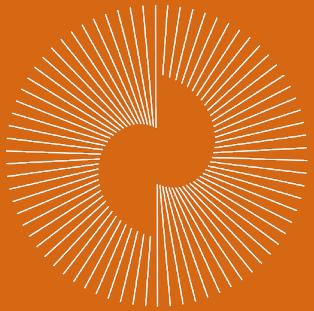




EMOTION 9 OF 12

Reactive or Responsive?

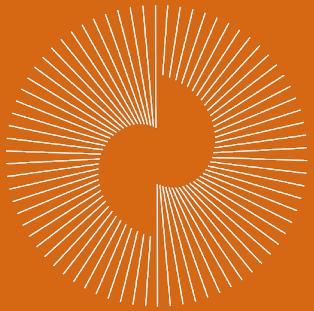




EMOTION 10 OF 12

Complex or Simple?

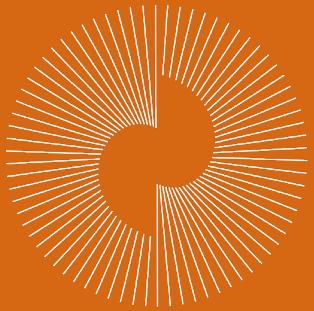




EMOTION 11 OF 12

Anxiety or Poise?





EMOTION 12 OF 12

Stressful or Peaceful?

