

SESSION

1

Feelings Map

1.25

How do you feel today? (Please indicate which faces apply.)

| | | | | |
|---|---|---|--|---|
|  |  |  |  |  |
| Aggressive | Anxious | Apologetic | Arrogant | Bashful |
|  |  |  |  |  |
| Blissful | Bored | Cautious | Cold | Confident |
|  |  |  |  |  |
| Curious | Determined | Disappointed | Disbelieving | Enraged |
|  |  |  |  |  |
| Envious | Exhausted | Frightened | Frustrated | Guilty |
|  |  |  |  |  |
| Happy | Horrificed | Hot | Hungover | Hurt |
|  |  |  |  |  |
| Hysterical | Indifferent | Interested | Jealous | Lonely |
|  |  |  |  |  |
| Lovestruck | Negative | Regretful | Relieved | Sad |
|  |  |  |  |  |
| Satisfied | Surprised | Suspicious | Undecided | Other ... |

