

SESSION

3

Feelings Map

3.19

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 ...

