SESSION

4 Feelings Map

4.23

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	Horrified	Hot	Hungover	Hurt
Hysterical	Indifferent	Interested	Jealous	Lonely
Lovestruck	Negative	Regretful	Relieved	Sad
Satisfied	Surprised	Suspicious	Undecided	Other ...