

-Give client a card. They will complete the following sentence using the emotion on their card: **I Feel... When... Because...**

-Example: I feel lonely when I'm away for work because I miss my family

-The cards on p. 2-8 have "uncomfortable" emotions (i.e. angry, insecure). The cards on p. 9-14 have "comfortable" emotions (i.e. confident, motivated)

Angry

I Feel... When... Because...

Sad

I Feel... When... Because...

Irritated

I Feel... When... Because...

Annoyed

I Feel... When... Because...

Stressed

I Feel... When... Because...

Lonely

I Feel... When... Because...

Disappointed

I Feel... When... Because...

offended

I Feel... When... Because...

Anxious

I Feel... When... Because...

Hopeless

I Feel... When... Because...

vulnerable

I Feel... When... Because...

Jealous

I Feel... When... Because...

Nervous

I Feel... When... Because...

Empty

I Feel... When... Because...

Disgusted

I Feel... When... Because...

Insecure

I Feel... When... Because...

Embarrassed

I Feel... When... Because...

Discouraged

I Feel... When... Because...

Exhausted

I Feel... When... Because...

Bullied

I Feel... When... Because...

Afraid

I Feel... When... Because...

Tired

I Feel... When... Because...

Guilty

I Feel... When... Because...

overwhelmed

I Feel... When... Because...

Inferior

I Feel... When... Because...

Paranoid

I Feel... When... Because...

uncomfortable

I Feel... When... Because...

Powerless

I Feel... When... Because...

Happy

I Feel... When... Because...

Confident

I Feel... When... Because...

Proud

I Feel... When... Because...

Determined

I Feel... When... Because...

Excited

I Feel... When... Because...

Relaxed

I Feel... When... Because...

Appreciated

I Feel... When... Because...

Accepted

I Feel... When... Because...

Encouraged

I Feel... When... Because...

Important

I Feel... When... Because...

Joyful

I Feel... When... Because...

Secure

I Feel... When... Because...

Triumphant

I Feel... When... Because...

Comfortable

I Feel... When... Because...

understood

I Feel... When... Because...

Strong

I Feel... When... Because...

upbeat

I Feel... When... Because...

Invigorated

I Feel... When... Because...

Inspired

I Feel... When... Because...

Relieved

I Feel... When... Because...

Free

I Feel... When... Because...

Safe

I Feel... When... Because...

Motivated

I Feel... When... Because...

Grateful

I Feel... When... Because...

Pick Your
Own Emotion!

I Feel... When... Because...

Pick Your
Own Emotion!

I Feel... When... Because...

Pick Your
Own Emotion!

I Feel... When... Because...

Pick Your
Own Emotion!

I Feel... When... Because...

Credits



Instruct & Inspire

-Thank you for
the frames!