Emotions Card Game
Directions

Cut out the emotions on pages 3–15 and put them in a pile (“pile 1”). Cut out the statements/questions on pages 16–18 and put them in another pile (“pile 2”).

Clients will pick a card from each pile. They will use the emotion they chose from pile 1 to address/answer the question or statement from pile 2.
Furious

Bitter

Irritated

Offended
Annoyed
Heartbroken
Stressed
Vulnerable
Ashamed
Lonely
Jealous
Desperate
Dejected
Resentful
Melancholy
Anxious
Restless

Disturbed

Disgusted

Empty
Hopeless

Burdened

Distraught

Embarrassed
Isolated
Disappointed
Discouraged
Exhausted
Numb
Threatened
Defensive
Bullied
Afraid

Sullen

Nervous

Guilty
Uncomfortable
Overwhelmed
Trapped
Weak
Alienated
Miserable
Powerless
Lost
Conflicted

Intimidated

Inferior

Useless
Paranoid

Insecure

Belittled

Guarded
Tell us about the last time you felt this emotion.

Pick a group member and ask them to tell us about the last time they felt this emotion.

Tell us about a time you felt this emotion. It can be recent or from a long time ago.

Pick a group member and ask them to tell us about a time they felt this emotion. It can be recent or from a long time ago.
How do you cope with this emotion?

How can others help you when you feel this emotion?

What is an example of something that might trigger this emotion in you?

Tell us about a time you made someone else feel this emotion.
If you knew one of your friends or family members were feeling this emotion, what would you do? What would you say?

When you feel this emotion, what are some thoughts that accompany it?

When you feel this emotion, what are some behaviors it leads to?

When you feel this emotion, what are some other emotions that accompany it?
Credits

Marcelle’s KG Zone
Thank you for the circle frames!