-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)



Stressed

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

Lonely

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

Disappointed

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

offended

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

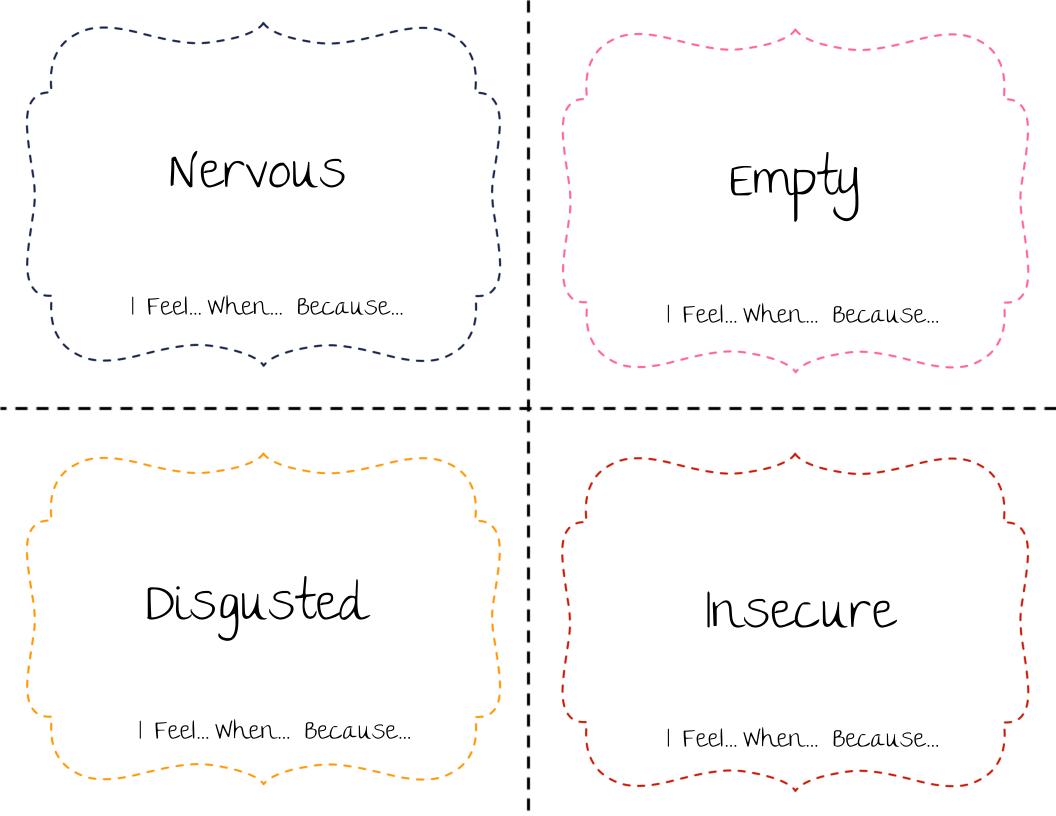
Hopeless

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

Vulnerable

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

Jealous



Embarrassed

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

Discouraged

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

Exhausted

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

Bullied

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

Tired

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

Guilty

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

overwhelmed

Inferior

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

Paranoid

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

uncomfortable

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

Powerless

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

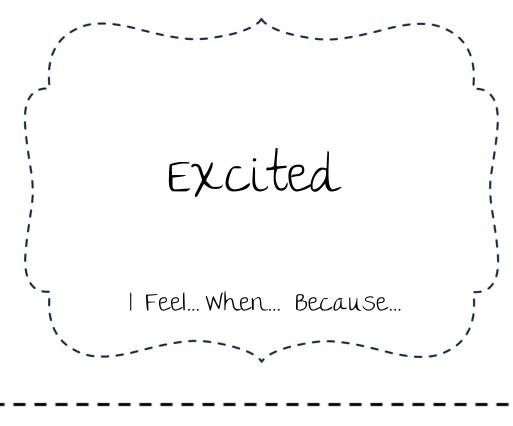
Confident

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

Proud

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

Determined



Relaxed

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

Appreciated

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

Accepted

Encouraged

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

Important

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

Joyful

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

Secure

Triumphant

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

Comfortable

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

understood

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

Strong

Invigorated upbeat I Feel... When... Because... I Feel... When... Because... Inspired Relieved I Feel... When... Because... 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!

Credits



Instruct & Inspire

-Thank you for
the frames!

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