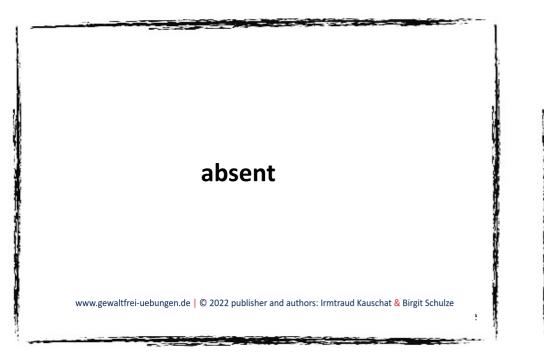


How to create the feeling cards:

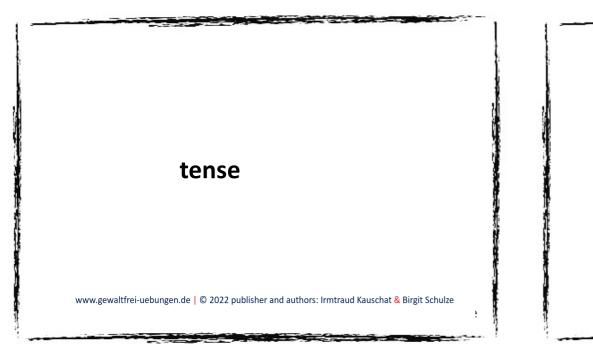
- 1. please print these cards on pink or red paper.
- 2. cut out the cards individually.
- 3. you will find a blank card sheet at the end. There you can add your own terms of feelings to the cards. Write your terms on the blank cards before laminating.
- 4. If you laminate the cards individually, you can use them several times in your seminars and practice groups.





alarmed

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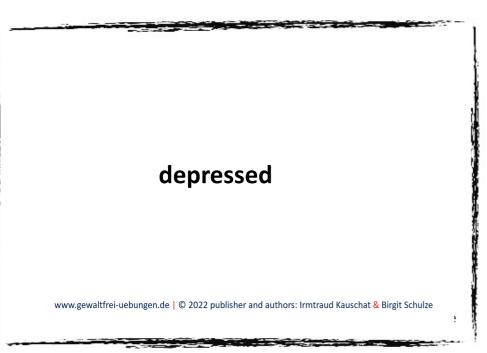


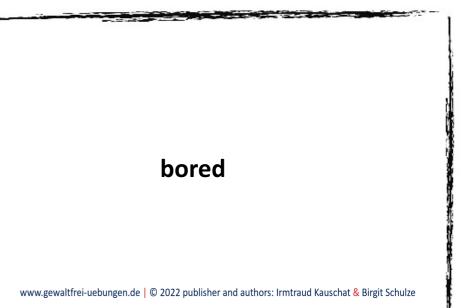


aggrieved

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and the second se





gloomy

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confused

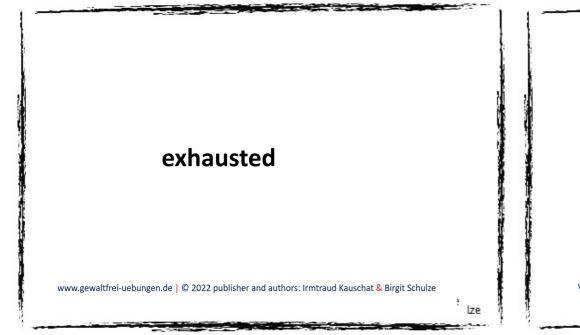




horrified

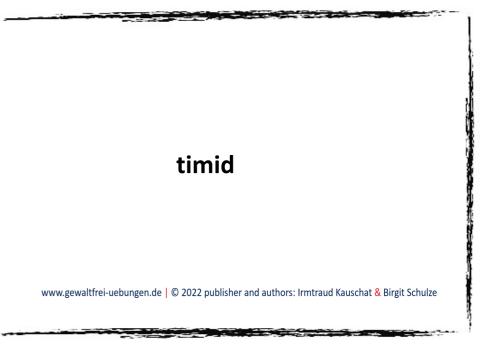
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(disappointed)



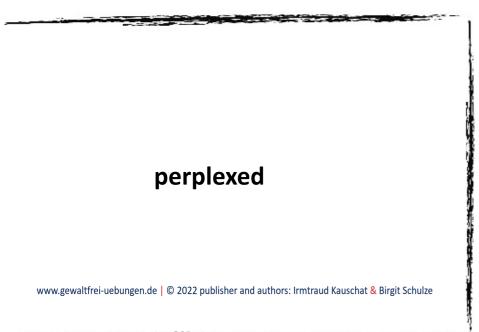


frustrated



indifferent

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helpless

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cold







faint

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lethargic

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melancholic





discouraged

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restless

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insecure



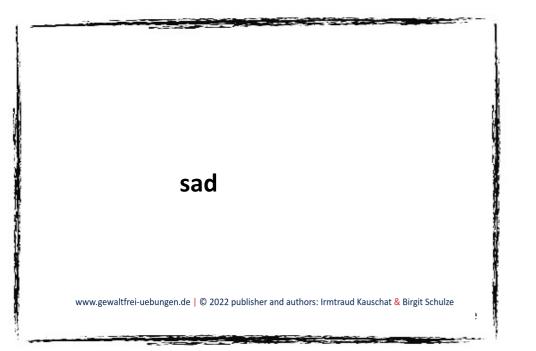


pain

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and the second sec



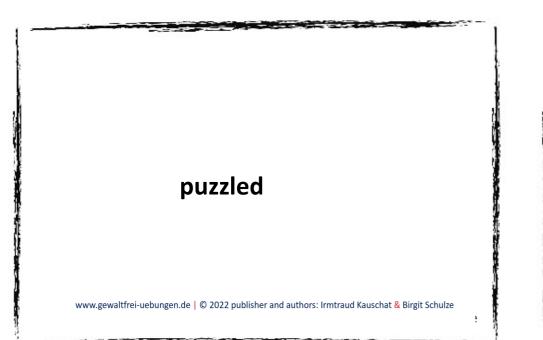




sullen

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(hurt)



disheartened

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desperate

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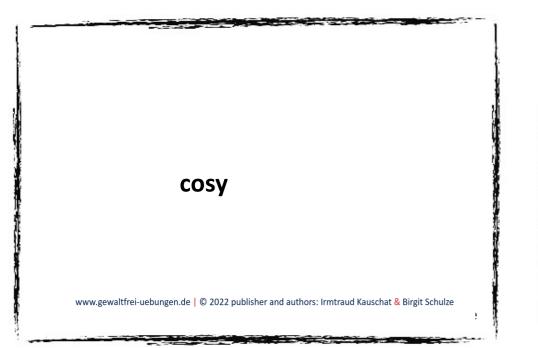




stimulated

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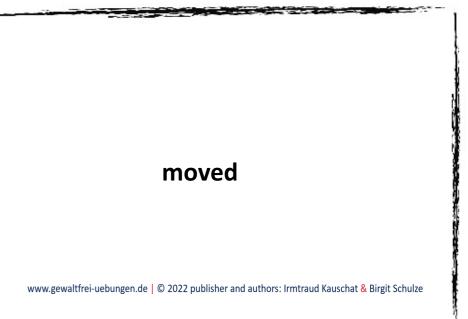
enthusiastic





touched

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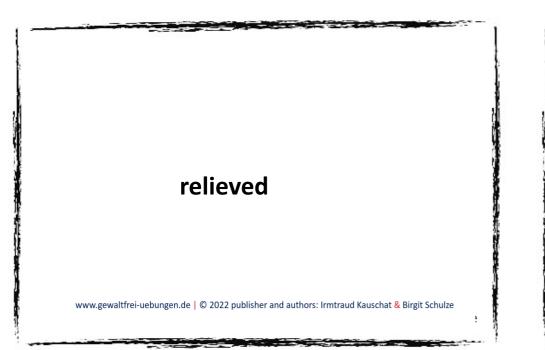




enthusiastic

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fulfilled



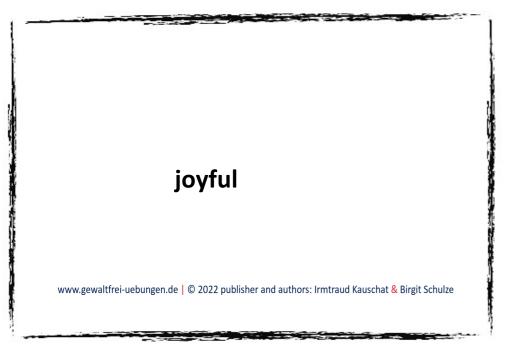


excited

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peaceful

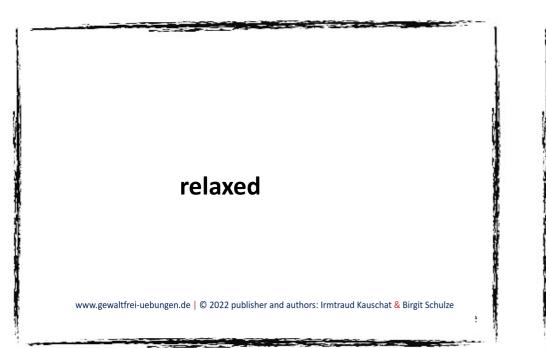




spellbound

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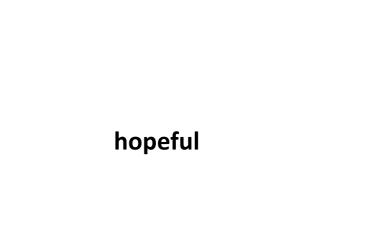
sheltered





cheerful

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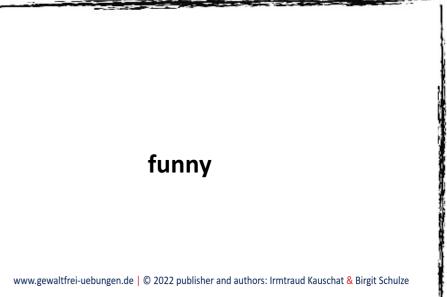




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tender

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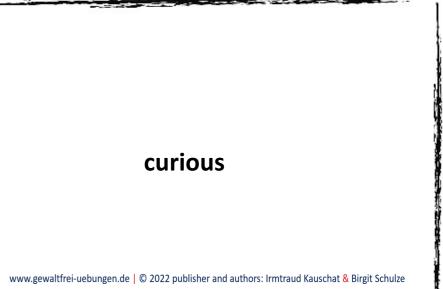




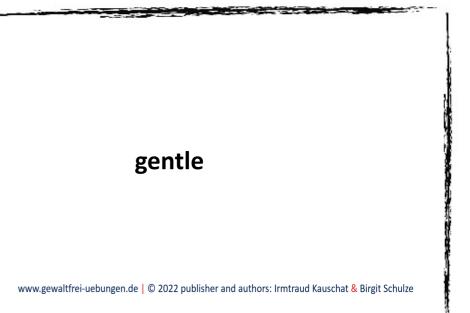


couragious

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blissful

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safe





exuberant

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adventurous

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awake

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trusting

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affectionate







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The Lots