

Difficult Emotions Cards

Explore your emotions by selecting cards that best describe how you feel about a specific issue in your life




Step 1: Write down the specific **problem, topic, or situation that is troubling you**

This could be anything from a work challenge to a personal relationship issue. Use 1 to 7 words, e.g. "my future", or "quarrel with a friend"

Step 2a: Choose up to 3 cards that best describe **how you feel about the issue**

Place the emotion card here	Place the emotion card here	Place the emotion card here
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Step 2b: Circle the **intensity of each emotion**

 Low Moderate High	 Low Moderate High	 Low Moderate High
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Step 2c: Identify at least one positive function for each of your emotions by asking yourself: What is this feeling trying to tell me? How is it trying to help me? What can I learn from it?

This emotion is helpful because...	This emotion is helpful because...	This emotion is helpful because...

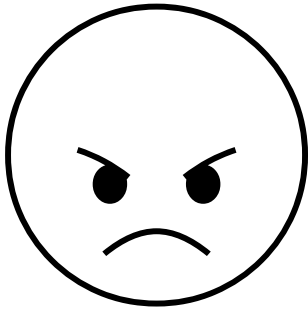
Step 3: Accept how you feel

It's okay to have these feelings; they make you human. By acknowledging your emotions, you create space to eventually find solutions and make positive changes in your life.

I give myself permission to feel what I feel

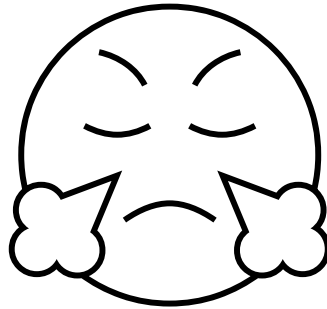
Once you've done so, check the box as a sign that you accept your feelings

Angry



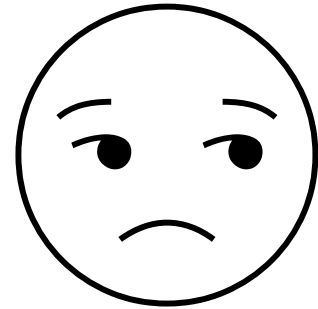
"Something isn't fair or right"

Frustrated



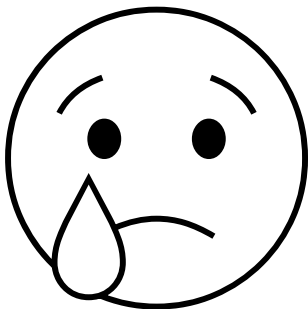
Indicates a blockage in progress

Jealous



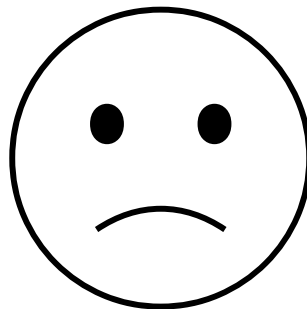
"Someone has what you desire"

Sad



Signals a need for support

Regretful



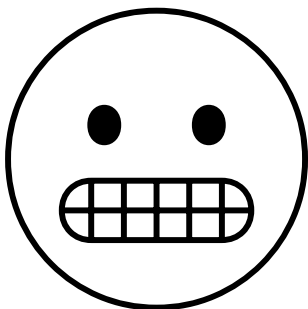
Helps you make better choices

Hopeless



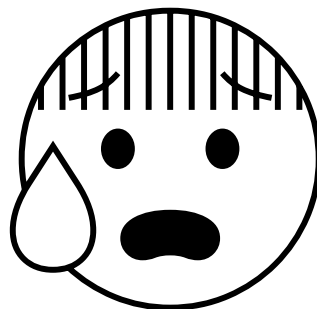
Encourages you to seek help

Scared



"There might be danger"

Anxious



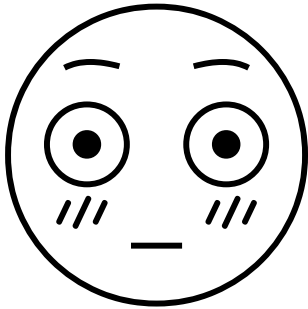
Prepares you for challenges

Panicked



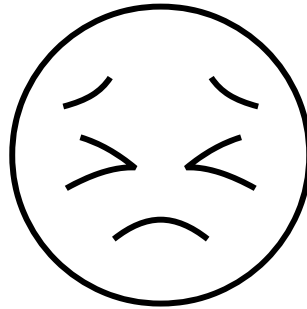
Encourages immediate attention

Embarrassed



Helps you learn social norms

Guilty



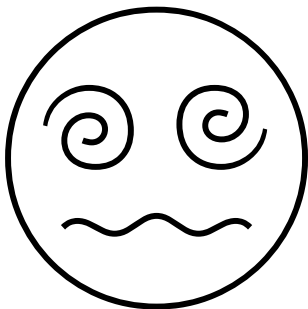
"You've violated some rules"

Insecure



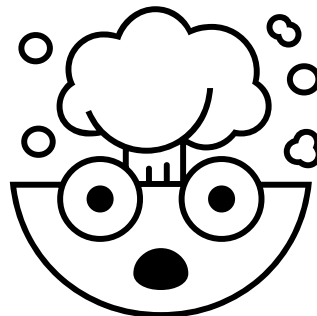
Encourages self-improvement

Confused



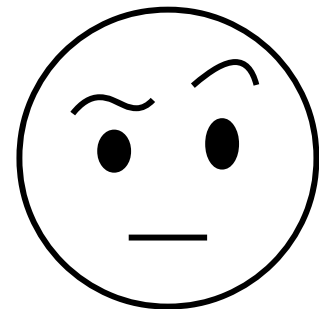
Prompts you to ask questions

Overwhelmed



Encourages you to prioritize

Doubtful



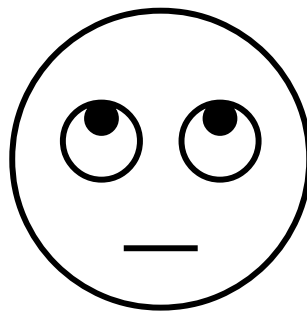
Encourages critical thinking

Bored



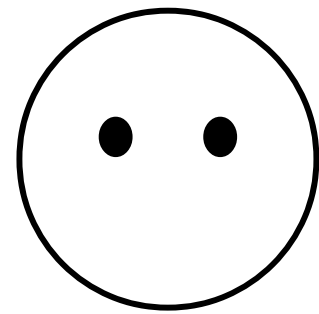
Pushes to seek new experiences

Unmotivated



A cue to re-evaluate your goals

Apathetic



A cue to identify underlying issues

Disgusted



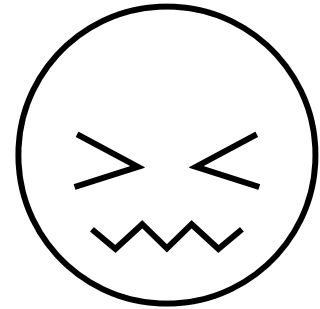
"Something might be harmful"

Shocked



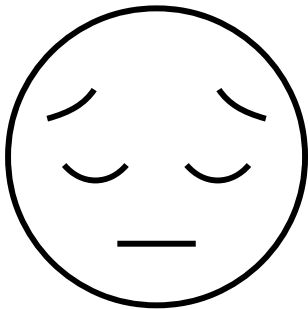
"There is something unexpected"

In pain



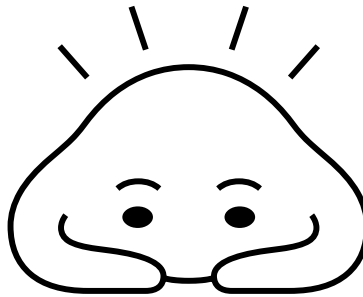
Alerts you to take care of yourself

Lonely



Motivates to seek companionship

Trapped



Signals a need to make a change

Stressed



A sign to rest and recharge