

Instructions

Individual:

- 1. Spread the cards out faces down
- 2. Pick 1, 2 or 3 cards
- 3. Study them and focus on why you are feeling this way
- 4. Speak or write as to why you feel you picked these cards
- For the heavy emotions look for the opposite light emotion
- Think about how you can get to that feeling and watch for the signs of transformation.

Groups:

- 1. Spread the cards out faces down
- 2. Each member of the group picks two cards, one with the right hand and one with the left.
- 3. Each person discusses why they feel they picked the cards
- 4. For the heavy emotions look for the opposite light emotion
- Talk about how to get to that feeling and watch for the signs of transformation.

Instructions

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Conflict Resolution:

- 1. Divide the deck into the heavy emotions and the light emotions
- 2. Spread the cards out faces down
- 3. Pick 3 cards from each pile
- 4. The heavy emotions are what the issue is really about
- 5. The light emotions are what will lead you to the solution

Suggestions for speech, spectrum and autism therapy:

- 1. Spread the cards out faces UP
- 2. Tell your patient or client to pick 1, 2 or 3 cards that mean the most to them
- 3. Watch for amazing results

These exercises are great for individuals, families, groups, therapists, speech therapists, school counselors and social workers.



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Abandoned - Cherished Abused - Nurtured

Ambivalent - Committed

Angry - Serene Apathetic - Passionate

Argumentative - Harmonious

Arrogant - Humble

Ashamed - Proud

Betrayed - Loyal

Brokenhearted - Loved

Confused - Clear Controlling - Allowing

Corrupt - Pure

Cowardly - Courageous

Deceptive - Truthful

Depressed - Enthusiastic

Egotistical - Spiritual

Envious - Fulfilled

Exhausted - Energetic

Greedy - Generous

List of Feelings

Grieving - Awakened Heartless - Compassionate Helpless - Powerful Hopeless - Hopeful Humiliated - Honored Rigid - Flexible Ignorant - Wise Impatience - Patience Stressed - Calm. Imprisoned - Free Irresponsible - Responsible Isolated - Connected

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Judging - Understanding Limited - Unlimited Pessimistic - Optimistic Resentful - Forgiving Scattered - Focused Unconscious - Conscious 🔸 Ungrateful - Grateful Unsuccessful - Successful











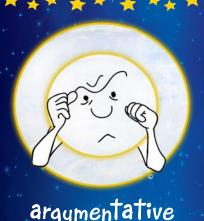












argumentative



































































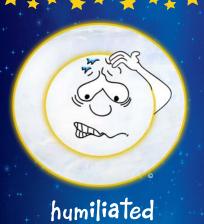


helpless * * * * *





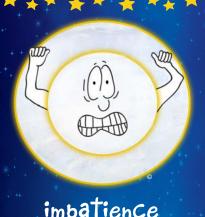












impatience







































