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Feeling Cards

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
5. For the heavy emotions look for the opposite light emotion
6. 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
5. Talk about how to get to that feeling and watch for the signs of transformation.

Instructions

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.

List of Feelings

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

Judging - Understanding

Heartless - Compassionate

Limited - Unlimited

Helpless - Powerful

Pessimistic - Optimistic

Hopeless - Hopeful

Resentful - Forgiving

Humiliated - Honored

Rigid - Flexible

Ignorant - Wise

Scattered - Focused

Impatience - Patience

Stressed - Calm

Imprisoned - Free

Unconscious - Conscious

Irresponsible - Responsible

Ungrateful - Grateful

Isolated - Connected

Unsuccessful - Successful



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Confused


$$1 + 1 = 2$$

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Controlling



allowing



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Cowardly



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helpless



powerful



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hopeful



humiliated



honored



ignorant



wise



impatience



patience



imprisoned



free



irresponsible



responsible



isolated



Connected



judging



understanding



limited



unlimited



pessimistic



optimistic



resentful



forgiving



rigid



flexible



scattered



foCused



stressed



calm



unConscious



Conscious



ungrateful



grateful



unsuccessful



successful