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Feeling Cards



## Instructions

We are what we feel. As an elder, it is very important to know how we feel about our life's journey. Knowing our emotions, at any age, is empowering and enlightening. Each day pick two cards, one with your right hand and one with your left hand. Then document in your journal why you feel you got these cards. It will clear your mind and mend your heart with knowledge leading to wellness.



## List of Feelings

Abandoned - Cherished

Confused - Clear

Abused - Nurtured

Controlling - Allowing

Ambivalent - Committed

Corrupt - Pure

Angry - Serene

Cowardly - Courageous

Apathetic - Passionate

Deceptive - Truthful

Argumentative - Harmonious

Depressed - Enthusiastic

Arrogant - Humble

Egotistical - Spiritual

Ashamed - Proud

Envious - Fulfilled

Betrayed - Loyal

Exhausted - Energetic

Brokenhearted - Loved

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



©

**abandoned**



©

cherished



abused



nurtured





©  
ambivalent



Committed



angry



©

**serene**



©

apathetic



passionate



argumentative



©  
**harmonious**





arrogant



©

humble



©

ashamed



©

proud



©

betrayed



loyal



brokenhearted



loved





Confused



$$1 + 1 = 2$$

clear



Controlling



©

allowing



Corrupt



pure



Cowardly



Courageous





deceptive



truthful



depressed



enthusiastic



egotistical



©

spiritual



envious



fulfilled





exhausted



©

energetic



greedy



generous



**grieving**



awakened



heartless



Compassionate





©

helpless



©

powerful



hopeless



hopeful



humiliated



©

honored



ignorant



©

wise





impatience



patience



imprisoned



free



©

irresponsible



©  
responsible



isolated



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Connected





judging



understanding



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limited



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unlimited



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**stressed**



calm



©

unConscious



Conscious





ungrateful



©

grateful



©

unsuccessful



©  
successful