Feelings

Cards

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How to use the cards

Feelings are a big part of making decisions.

- Look at the Feelings cards.
- They can help you think about how you feel.
- They can help you say how you feel.
- They can help you say what makes you feel this way.

Angry

I feel angry

People do not understand me.

People talk over me.

People do not listen to what I want.

What makes you feel angry?

Overwhelmed

I feel overwhelmed

There is too much information.

There are too many people around me.

The decision feels too big.

There is too much to think about.

What makes you feel overwhelmed?

Scared

I feel scared

I am doing something new.

I might get into trouble.

People are telling me I have to do something.

What makes you feel scared?

Worried

I feel worried

I have to make a hard decision.

I do not want to get it wrong.

I do not know what will happen.

What makes you feel worried?

Left out

I feel left out

Other people are making decisions for me.

My voice is not being heard.

No one is giving me the information I need.

What makes you feel left out?

Bullied

I feel bullied

People are pushing me to do things.

I feel scared to say no.

I feel I have no power.

What makes you feel bullied?

Excited

I feel excited

I love to try new things.

I want to be in charge of my life.

I have started making my own decisions.

What makes you feel excited?

Hopeful

I feel hopeful

I feel good things will happen.

People support me to do my own things.

This is how I want my life to be.

What makes you feel hopeful?

Inspired

I feel inspired

I can do things in different ways.

I have new ideas for my life.

I can make the life I want.

What makes me feel inspired?

Ready

I feel ready

I have all the information I need.

I want to grow and get things done.

I want to move forward with my life.

What makes me feel ready?

Independent

I feel independent

I make my own choices now.

I get to have the final say.

I do life my way.

What makes you feel independent?

Supported

I feel supported

I decide what happens.

I can share the stress with people.

I know who to ask for support.

What makes you feel supported?

I feel

. . . . . .

This is because

I feel

. . . . . .

This is because