

LABELING EMOTIONS
CARD GAME

GUILTY

RULER

LABELING EMOTIONS
CARD GAME

FEARFUL

RULER

LABELING EMOTIONS
CARD GAME

RELIEVED

RULER

LABELING EMOTIONS
CARD GAME

STRESSED

RULER

LABELING EMOTIONS
CARD GAME

Feeling
responsible or
remorseful for
something you did

RULER

LABELING EMOTIONS
CARD GAME

Frightened
about
impending
danger

RULER

LABELING EMOTIONS
CARD GAME

Feeling better
when an
unpleasant feeling
goes away

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LABELING EMOTIONS
CARD GAME

Strained mentally
or emotionally
from too many
demands and not
enough resources

RULER

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CARD GAME

ANGRY

RULER

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CARD GAME

SYMPATHETIC

RULER

LABELING EMOTIONS
CARD GAME

COMPASSIONATE

RULER

LABELING EMOTIONS
CARD GAME

DISAPPOINTED

RULER

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CARD GAME

Strongly
annoyed about
a perceived
injustice

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Feeling the
sorrow or
suffering of
someone else

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Feeling care and
concern for
others' suffering
and wanting to
help

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Unhappy
because your
expectations
were not met

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CARD GAME

SATISFIED

RULER

LABELING EMOTIONS
CARD GAME

ASHAMED

RULER

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CARD GAME

ANXIOUS

RULER

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CARD GAME

ENVOIOUS

RULER

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CARD GAME

Pleased with
something or
someone

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Embarrassed about
who you are or
something you did
that may reflect poorly
on you and diminish
your self-worth

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Worried and
uneasy about
something with
an uncertain
outcome

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Suspicious that
someone close to
you cares about
'someone else
more than
about you

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JEALOUS

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PRESSURED

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Resentful or
annoyed because
you want
something
someone else has

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Feeling that
something at
stake is
dependent on your
behavior

RULER

