

# Explore Your Emotions

Tough Emotions    Have you experienced? Y/N

Associated Thought, Memory, Event, Relationship

Concern

Anxiety

Worry

Fear

Sadness

Lonely

Disinterested

Depressed

Sarcasm

Impatient/Irritated

Frustrated

Angry

Rage

Unsure/Questioning

Insecure

Doubt

Regret

Guilt

ANXIETY

DEPRESSION

ANGER

GUILT  
OR  
REGRET

# Explore Your Emotions

## UNEXPECTED Tough Emotions

Any Tough Emotions that Follow?

Associated Thought, Memory, Event, Relationship

Fondness

Care

Affection

Passion/Love

Relief

Comfort

Gratitude

Humor/Funny

Happy

Joy

Content

Satisfied

Patience

At Ease

At Peace

Understand

Compassion

Forgive

LOVE

Relief

Happiness

Content

Forgive