

# ROLLER COASTER OF EMOTIONS

Where in the body do you feel emotions?

What emotions have you felt today?

LOVE

Trust

Tender

Infatuation

Gratitude

Attachment

Power

Lust

FEAR

Worry

Anxiety

Numb

Guilt

Shy

Embarrassment

SURPRISE

Relief

Amazement

Energy

Delightment

Excitement

JOY

Happiness

Relaxation

Enthusiasm

Relief

Pleasure

HATE

Shame

Humiliation

Frustration

Tedious

Lonely

Listless

SAD

Melancholy

Disappointment

Am I allowed to feel all the emotions?

What kinds of thoughts do emotions evoke?

How do I feel now?

Why do I feel this way?

How do emotions affect you?