



How to create the feeling cards:

- 1. please print these cards on pink or red paper.**
- 2. cut out the cards individually.**
- 3. you will find a blank card sheet at the end. There you can add your own terms of feelings to the cards. Write your terms on the blank cards before laminating.**
- 4. If you laminate the cards individually, you can use them several times in your seminars and practice groups.**

absent

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fearful

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alarmed

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alone

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tense

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anxiou

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apathetic

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Bewegung

concerned

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worried

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dismayed

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aggrieved

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bitter

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depressed

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bored

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gloomy

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confused

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lonely

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miserable

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horrified

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(disappointed)

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exhausted

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lze

scared

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frustrated

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timid

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indifferent

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helpless

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perplexed

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cold

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faint-hearted

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mixed-up

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sick/ill

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edgy

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boredom

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lethargic

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faint

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melancholic

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dreadful

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tired

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discouraged

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subdued

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passiv

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impatient

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restless

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insecure

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unsettled

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flacid

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pain

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sluggish

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sad

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overwhelmed

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sullen

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(hurt)

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puzzled

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disheartened

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desperate

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absorbed

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activ

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stimulated

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enthusiastic

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cosy

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enlivend

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touched

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moved

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grateful

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energized

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enthusiastic

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fulfilled

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relieved

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redeemed

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excited

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surprised

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fascinated

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free

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joyful

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peaceful

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glad

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happy

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spellbound

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sheltered

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relaxed

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delighted

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cheerful

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hopeful

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interested

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lively

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tender

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funny

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motivated

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lively

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couragious

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curious

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calm

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gentle

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blissful

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safe

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carefree

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surprised

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exuberant

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unconcerned

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adventurous

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trusting

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awake

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affectionate

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