



## **How to create the pseudo-feeling cards:**

- 1. please print these cards on red or pink 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 pseudo-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.**

**rejected**

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**attacked**

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**used**

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**cast out**

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**exploited**

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**betrayed**

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**Evaluated/jodged**

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Bewegung

**stupid**

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**diskriminiert**

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**silly**

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**offended**

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**appreciated**

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**deceived**

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**forced**

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**cheated**

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**ignored**

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**(in)competent**

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**manipulated**

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**(mis)understood**

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**provoked**

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**fooled**

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**unloved**

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**oppressed**

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**unworthy**

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**abandoned**

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**neglected**

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**betrayed**

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**spurned**

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**Spoilt**

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**useless**

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**important**

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**I feel like...**

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**I have the feeling that...**

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