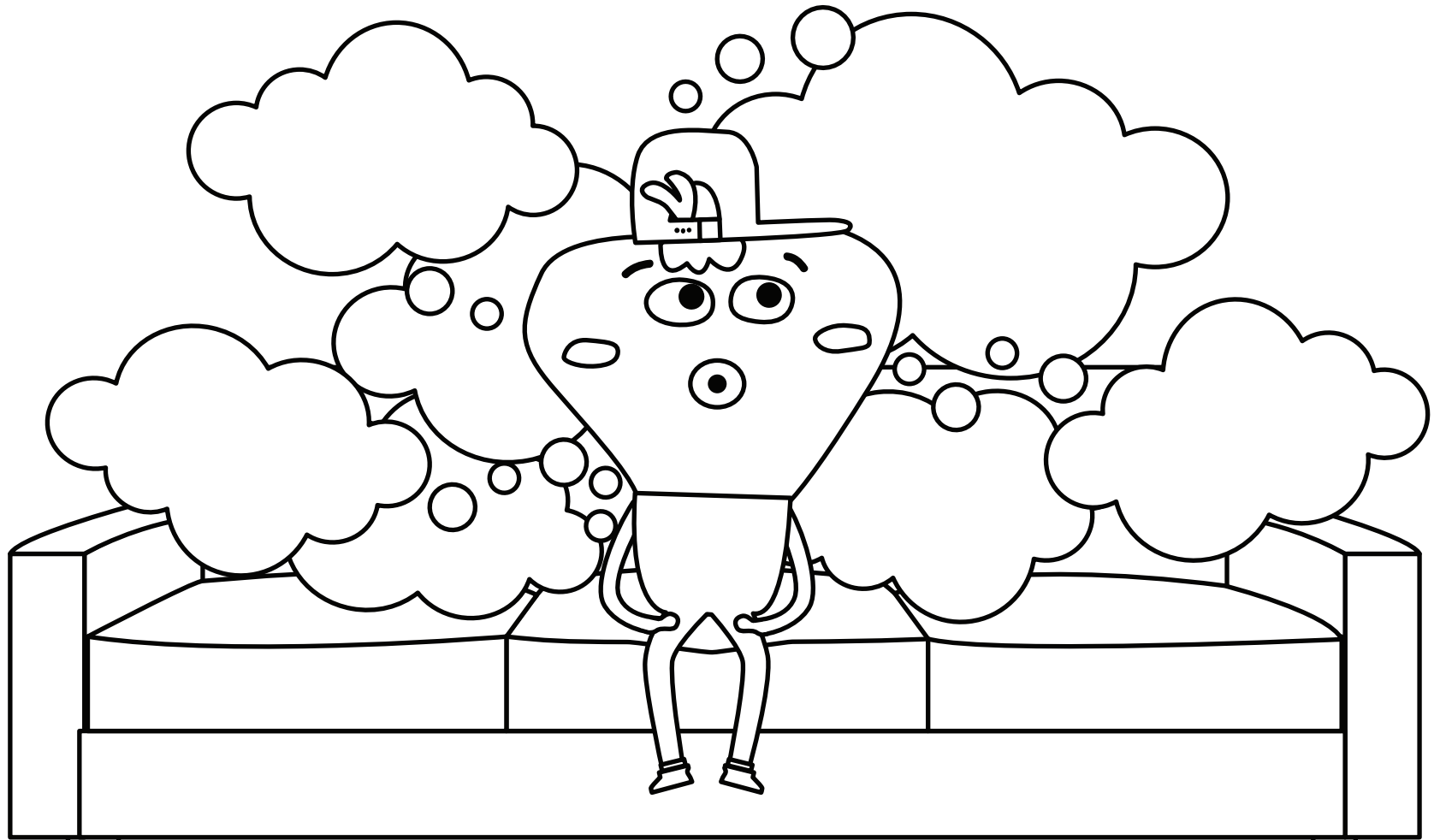


Week 3

Name: _____



Fill in the thought and emotional bubbles that you are thinking or feeling today. Remember this exercise isn't about judging, just noticing what is there!



Sympathetic Fearful Nervous
Free
Settled Silly Worried Tired
Relieved Disappointed
Wonderful Sad
Adequate Foolish
Happy Jealous
Excited Competitive
Hopeful Proud Strange Mad
Safe Wanted Crushed Lonely

Feelings