

## Feeling Cards for the Activation/Feeling Tone Chart

<b>Happiness</b>	<b>Compassion</b>	<b>Anger</b>
<b>Joy</b>	<b>Positive Excitement</b>	<b>Unpleasant Surprise</b>
<b>Sadness</b>	<b>Positive Surprise</b>	<b>Feeling sleepy but happy</b>
<b>Loneliness</b>	<b>Jealousy</b>	<b>Feeling calm or peaceful</b>
<b>Being stuck in the low zone</b>	<b>Anxiety</b>	<b>Contentment</b>
<b>Being stuck in the high zone</b>	<b>Fear</b>	<b>Feeling relaxed</b>
<b>Being in the resilient zone</b>	<b>Feeling Timid</b>	<b>Feeling stressed</b>