

Feeling Cards for the Activation/Feeling Tone Chart

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