CAREOPS MAEUMI

Feelings cards 1/2

Print on heavier paper and cut along the dashed lines.

Feeling more settled

Calm

Feeling that nothing needs rushing

When did you last feel at ease?

Feeling more settled

Relief

A worry has passed and you can exhale

What recently let you breathe out?

Feeling more settled

Gratitude

Appreciating someone or something

Who have you felt thankful for lately?

Feeling more settled

Lightness

As if you have set something heavy down

What felt lighter after you let it go?

Brighter feelings

Joy

Your mood lifts at something good

What made you smile without trying?

Brighter feelings

Excitement

Your heart quickens about what is coming

What are you looking forward to?

Brighter feelings

Pride

Feeling good about something you did

What small thing did you manage?

Brighter feelings

Hope

Believing things could get better

What would you like to change ahead?

Feeling on edge

Anxiety

A tight sense that something may go wrong

When does your body tense up first?

Feeling on edge

Worry

Your mind keeps returning to what could go wrong

What keeps coming back to mind?

Feeling on edge

Tension

Holding yourself tight, body and mind

Where do your shoulders tighten?

Feeling on edge

Fear

Sensing danger or too much to handle

What do you most want to avoid now?

Use the free web tool: https://maeumi.app/tools/emotion-cards

CAREOPS MAEUMI

Feelings cards 2/2

Print on heavier paper and cut along the dashed lines.

Tender or sad feelings

Sadness

A sinking feeling, as if something dear is lost

When has your heart felt heavy lately?

Tender or sad feelings

Loneliness

Feeling that no one is beside you

Who would you like beside you now?

Tender or sad feelings

Hurt

A sting when care you hoped for did not come

What did you wish someone had noticed?

Tender or sad feelings

Longing

Missing a person or a time

Who or what have you been missing?

Feeling frustrated

Anger

Heat when a line feels crossed

What were you trying to protect?

Feeling frustrated

Irritation

Small things keep getting under your skin

What has been getting on your nerves?

Feeling frustrated

Feeling wronged

Carrying blame that is not yours

What do you wish someone understood?

Feeling frustrated

Frustration

Feeling blocked with no way through

Where do you feel most stuck?

Mixed or hard-to-place feelings

Confusion

Not knowing which way is right

Which two thoughts are pulling at you?

Mixed or hard-to-place feelings

Feeling lost

Unable to see where to begin

What would be the smallest first step?

Mixed or hard-to-place feelings

Pressure

What you must do is pressing on you

If you could drop one thing, what would it be?

Mixed or hard-to-place feelings

Disappointment

Deflated when things fall short

What had you been hoping for?

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