

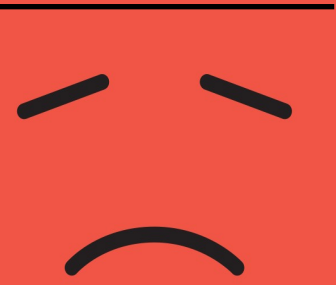

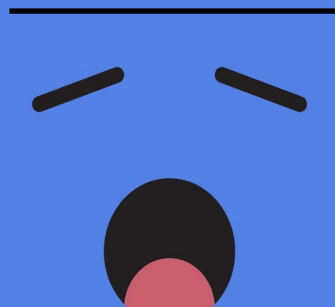








What Makes You Feel That Way?

Many things influence your emotions: your thoughts, people you know, a picture, a song, a smell, a memory, the weather, and so much more. Write down something that is likely to trigger each of these nine emotions. Write down the first things that come to mind. Do your answers reveal anything about your emotional life?

 Happy	 Friendly	 Sad
 Joyful	 Bored	 Confused
 Anxious	 Angry	 Proud