

MIXED EMOTIONS ID



Best for:
People who feel two
emotions at once.

Age group:
Teens and adults

Difficulty:
Moderate

EMOTION 1

What feeling comes up?

What seems connected to it?

How strong is it?

1 2 3 4 5 6 7 8 9 10

EMOTION 2

What feeling comes up?

What seems connected to it?

How strong is it?

1 2 3 4 5 6 7 8 9 10

Example:

If I could describe the whole experience in one sentence, what would I say?

I'm excited about the change, but I'm also scared...

The goal here is simply to recognize and label what's present.

