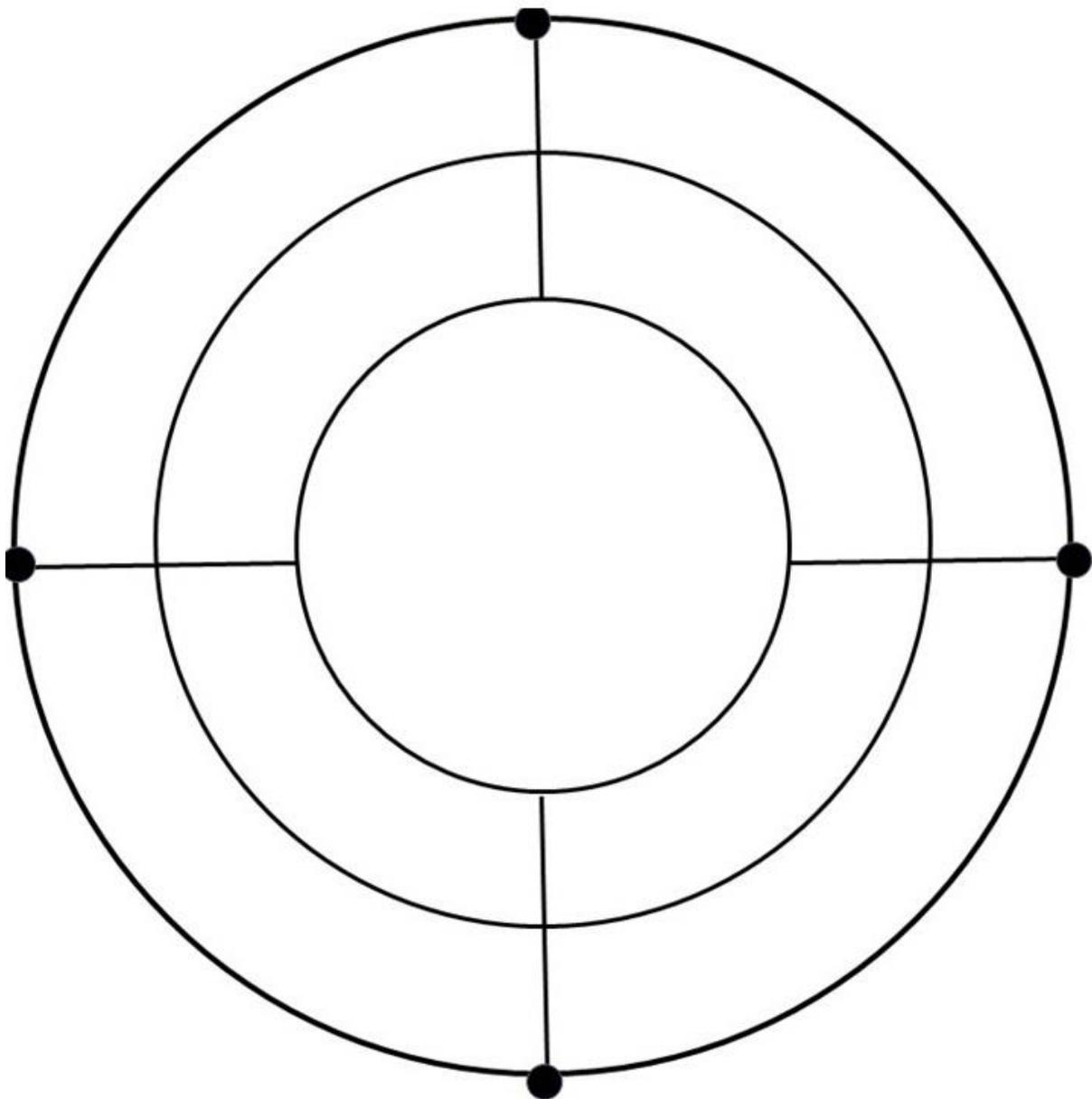




# Feelings Map

Date:	
Title:	
Notes:	





# Feelings Map

Slide emotions onto the target shape to create a map of your feelings.

 Loved	 Caring	 Comforted	 Hopeful	 Peaceful	 Trusting				
 Happy	 Glad	 Excited				 Sad	 Hurt	 Lonely	
 Mad	 Angry	 Annoyed	 Irritated	 Enraged	 Frustrated				
 Surprised	 Shocked	 Confused	 Disgusted			 Ashamed	 Gulity	 Embarassed	 Helpless
 Afraid	 Anxious	 Worried	 Overwhelmed			 Determined	 Courageous		
 Bored	 Calm	 Interested	 Relaxed						

Click on the word "Custom" and change it to whatever emotion you want. Slide the emoticon and the feelings word separately onto the target shape.

Custom	Custom					
Custom	Custom					