

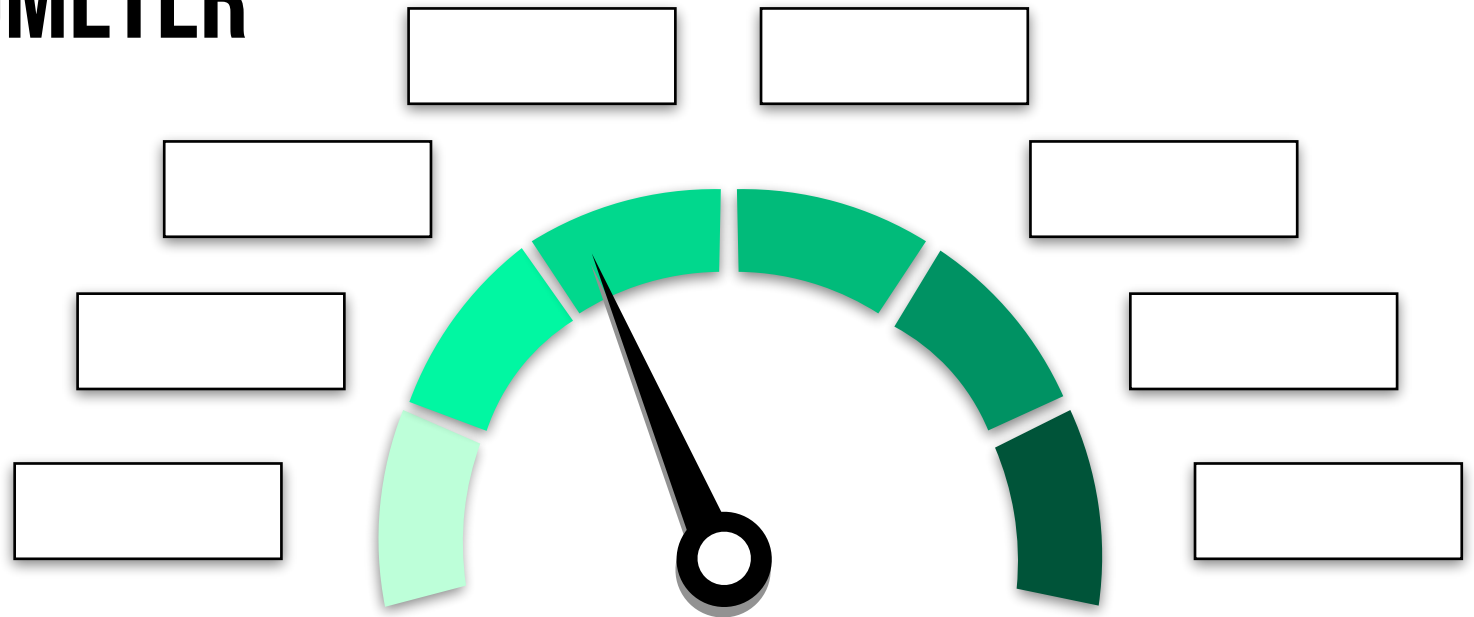
THE EMOTION-OMETER

What emotions or feelings have you felt over the last week?

Sometimes we make the mistake that only the BIG feelings make us act, when even small emotions can affect our mood and action.

Use the list below (or come up with your own) and write them on the Emotion-ometer judging the range of emotions you felt.

(The stronger you felt them, the higher you'll place them)



- | | | | | | |
|--------------------|-------------------|----------------------|----------------------|-------------------|--------------------|
| EXCITED | STRESSED | CURIOUS | EXCITED | RESPECTED | CALM |
| FREE | TIRED | DISAPPOINTED | HOPEFUL | AFRAID | FULFILLED |
| EMBARRASSED | JOYFUL | ISOLATED | SILLY | INADEQUATE | DEPRESSED |
| INFERIOR | RESENTFUL | PROUD | ARGUMENTATIVE | POWERFUL | ANXIOUS |
| ASHAMED | COURAGEOUS | INSIGNIFICANT | WEAK | CREATIVE | ANGRY |
| VALUED | WITHDRAWN | ANNOYED | REJECTED | CRITICAL | IRRITATED |
| CONFUSED | GRATEFUL | NUMB | LOVE | EMPTY | SATISFIED |
| EXPOSED | NERVOUS | | | HOPELESS | INDIFFERENT |