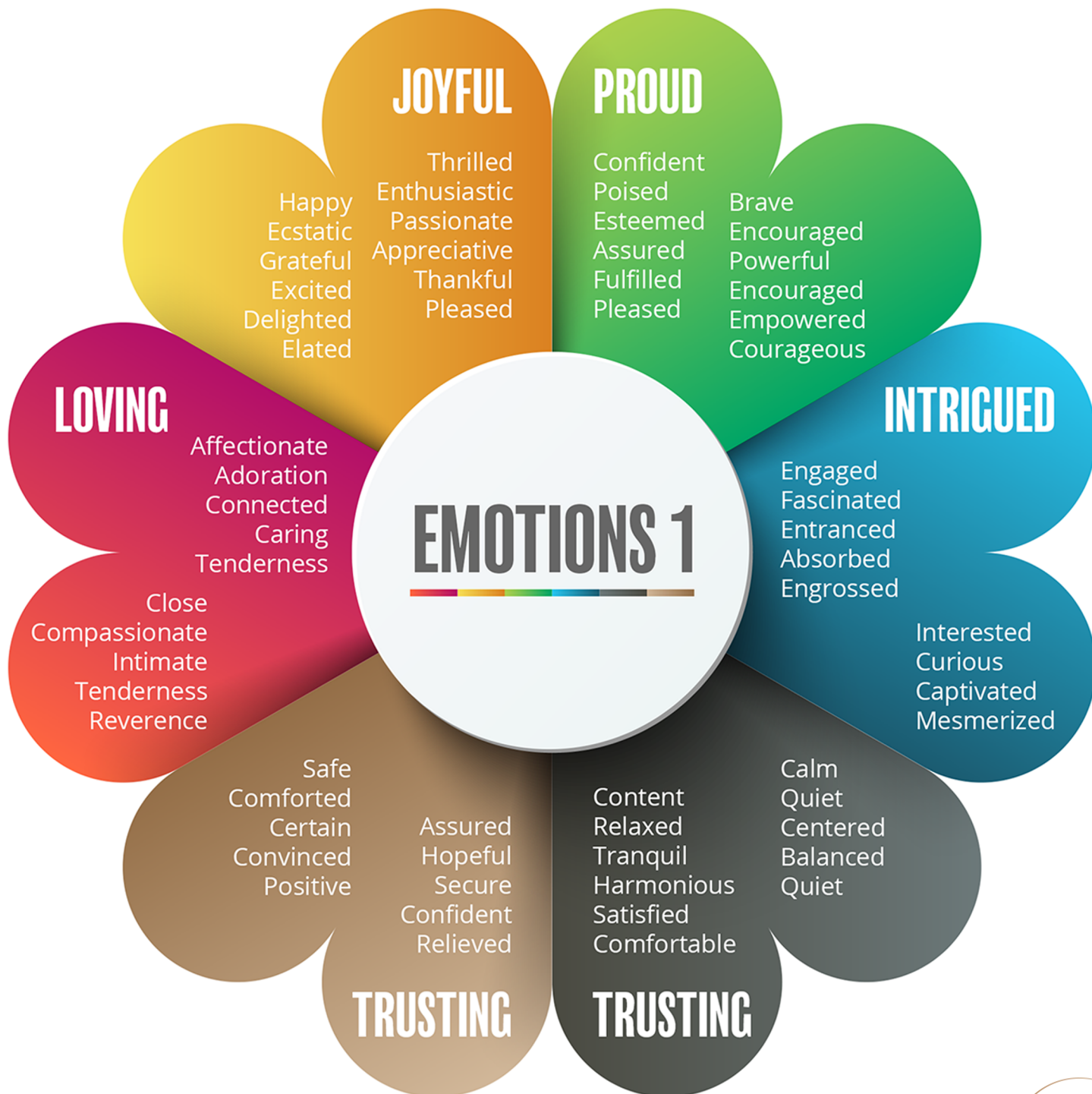


Emotions Cheat Sheet

When asked, “How do you feel?”, people often respond by stating their thoughts. For some, they never had the safe space to explore and communicate their feelings. As a support, use this list of emotions below to help identify and label the emotions you are experiencing.



Emotions Cheat Sheet

