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| **Feeling Cards list** | |
| **English** |  |
| Frustrated |  |
| Stomach or Digestion Problems |  |
| Annoyed/ Irritable |  |
| Cold Hands/Feet |  |
| Worried |  |
| Heart Palpitations/ Racing |  |
| Lightheadedness/Faint |  |
| Guilty |  |
| Ringing in the Ears |  |
| Headaches |  |
| Alienated/Isolated |  |
| Numbness |  |
| Withdrawn |  |
| Dizziness |  |
| Lonely |  |
| Weakness |  |
| Angry |  |
| Shoulder/Back Pain |  |
| Helpless |  |
| Fatigued/Tired |  |
| Tension |  |
| Menstrual Problems |  |
| Anxious |  |
| Nervous/Jittery |  |
| Regret |  |
| Vulnerable |  |
| Disconnected |  |
| Jealousy |  |
| Shameful |  |
| Gloomy |  |
| Blue |  |
| Resigned |  |
| Dull |  |
| Heaviness in the chest/Suffocating |  |
| Immobilized |  |
| Joy |  |
| Gratitude |  |
| Serenity/ Contentment |  |
| Interest |  |
| Hope |  |
| Pride |  |
| Amusement |  |
| Inspiration |  |
| Awe |  |
| Love |  |