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FORM 2.10

Examples of Mixed Feelings

Directions: We may have a lot of different feelings about the same person, place, or thing. For example, we might have mixed feelings about our parents, partners, friends, experiences, places we visit, and things that we do. It's important to realize that mixed feelings are normal and may illustrate the ability to have a richer and more complex experience. In the following form, list some people, places, things, or experiences about which you have mixed feelings and then list those feelings.

People, places, experiences, and things about which I have mixed feelings	The variety of feelings that I have