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FORM 2.15

Possible Emotions That I Can Also Have

Directions: In the left column we have listed a number of positive emotions that you could aim for. Check the items that you might want to aim for and write some ideas about what you would have to think or do to experience that emotion. For example, you might feel angry about something that has happened (perhaps a friend treated you badly), but you could imagine feeling love for someone else or curious about a different activity. Think about how your emotions can change or be flexible depending on where you put your focus or attention.

Type of emotion	What could I think or do that would lead to this emotion?
Happy	
Interested	
Excited	
Caring	
Affection	
Forgiving	
Accepting	
Love	
Loved	
Compassion	
Grateful	
Proud	
Confident	
Other	