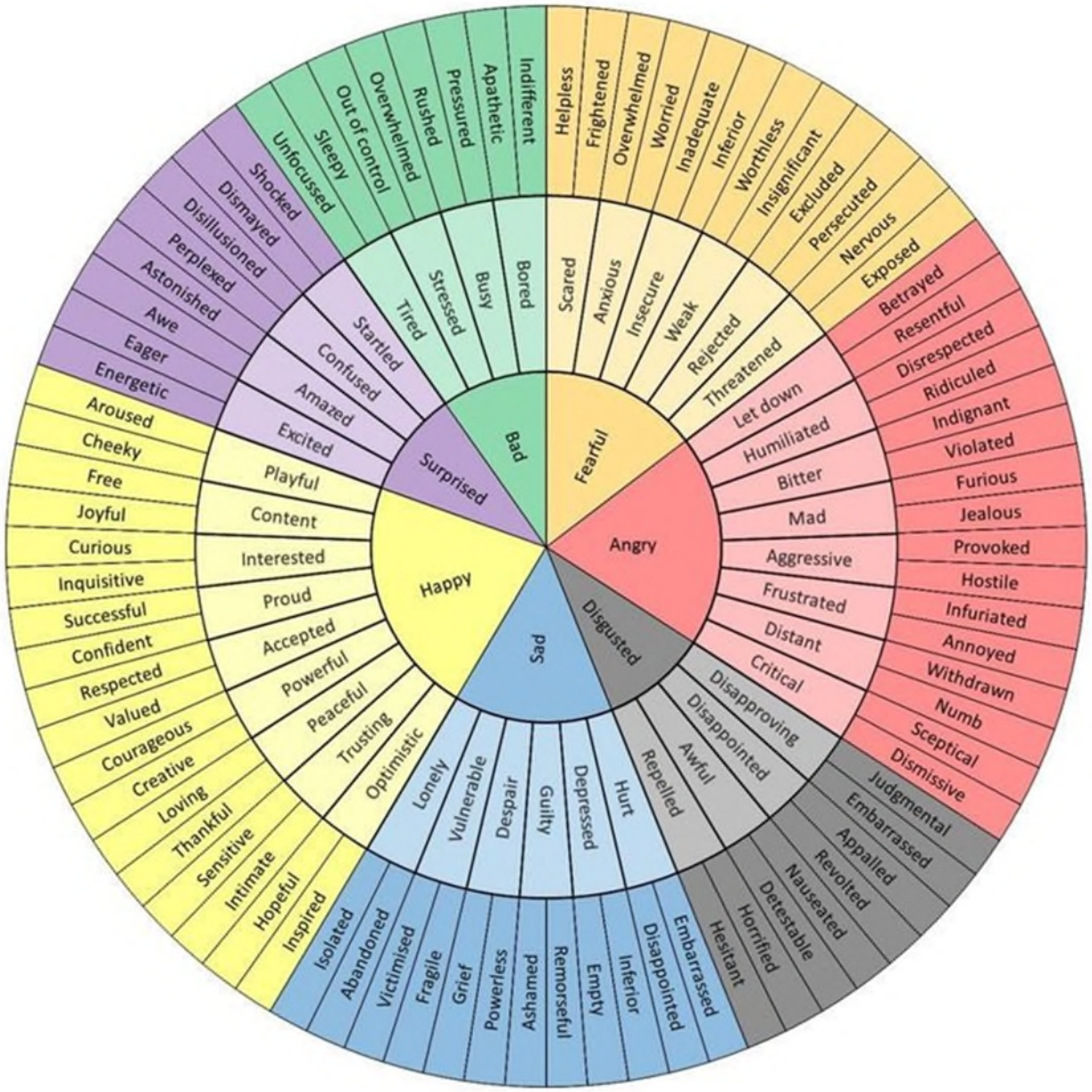
		Emotions										
Coping Techniques		Happy	Excited	Afraid	Anxious	Anger	Sad	Disgusted				
	Mindful Breathing											


Bad
Bored
Busy
Stressed
Tired
Indifferent
Apathetic
Pressured
Rushed
Overwhelmed
Out of control
Sleepy
Unfocussed
Fearful
Scared
Anxious
Insecure
Weak
Rejected
Threatened
Helpless
Frightened
Overwhelmed
Worried
Inadequate
Inferior
Worthless
Insignificant
Excluded
Persecuted
Nervous
Exposed
Angry
Let down
Humiliated
Bitter
Mad
Aggressive
Frustrated
Distant
Critical
Betrayed
Resentful
Disrespected
Ridiculed
Indignant
Violated
Furious
Jealous
Provoked
Hostile
Infuriated
Annoyed
Withdrawn
Numb
Sceptical
Dismissive
Disgusted
Disapproving
Disappointed
Awful
Repelled
Judgmental
Embarrassed
Appalled
Revolted
Nauseated
Detestable
Horrified
Hesitant
Sad
Hurt
Depressed
Guilty
Despair
Vulnerable
Lonely
Embarrassed
Disappointed
Inferior
Empty
Remorseful
Ashamed
Powerless
Grief
Fragile
Victimised
Abandoned
Isolated
Surprised
Startled
Confused
Amazed
Excited
Shocked
Unfocussed
Dismayed
Disillusioned
Perplexed
Astonished
Awe
Eager
Energetic
Happy
Playful
Content
Interested
Proud
Accepted
Powerful
Peaceful
Trusting
Optimistic
Aroused
Cheeky
Free
Joyful
Curious
Inquisitive
Successful
Confident
Respected
Valued
Courageous
Creative
Loving
Thankful
Sensitive
Intimate
Hopeful
Inspired