

EXERCISE

1. Right now, are you feeling more mad, sad, glad, or scared? Even if your feelings are very mild, try putting them in one of these categories.
2. Now write down at least six different words, besides those listed above, that describe your feelings at this moment.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

3. Think of three works of art (songs, movies, images, poems, plays, books, etc.) that resonate with your current emotional state.

a. _____

b. _____

c. _____

4. What do these works of art have in common? _____

5. Complete the following sentences. Don't think about grammar or spelling; just shoot for emotional accuracy. No one has to see this but you.

a. I wish _____

b. I hope _____

c. I'm angry that _____

d. I'm afraid that _____

e. I'm sad about _____

f. I'm happy about _____

g. If it weren't so embarrassing, I'd feel _____

h. Even though it's stupid, I feel _____
