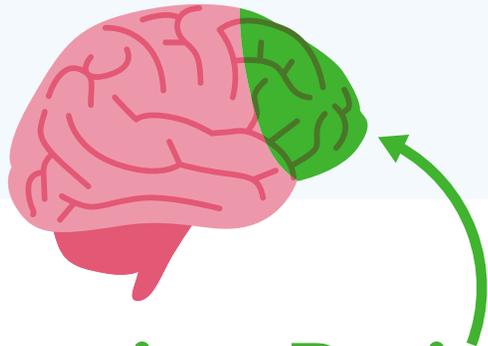


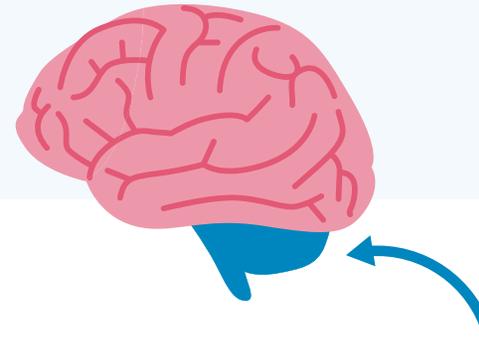
Feelings ID Card

Identifying our feelings can help us notice whether we're acting from our learning or survival brain. This list provides some examples of emotions associated with our different mental states.



Learning Brain

peaceful	content
flexible	calm
interested	understanding
creative	alert
energized	focused
grateful	happy
optimistic	curious
patient	



Survival Brain

sluggish	anxious
confused	stressed
frustrated	out of control
irritated	disconnected
worried	bothered
angry	sad