

Self-Assured! Complex Emotions

Emotions are often complex and can't be described with a single word. It is common to experience a combination of emotions at once. This is perfectly normal. Reflect on how you feel and experience the following emotional combinations. Use the equations below to help guide you

Relaxed + Creative =

Happy + Sad =

Excited + Confident =

Lonely + Insecure =

Inadequate + Foolish =

Playful + Cheerful =

Important + Thankful =

Curious + Scared =

Appreciation + Jealousy =

Interest + Distraction =
