Feelings writing

1. When was the last time you felt excited and why? 

2. When was the last time you felt sad/upset? 

3. When was the last time you felt angry? 

4. When was the last time you were tired? 

5. When was the last time you were scared? 

6. When was the last time you were worried? 

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7. When was the last time you were relieved? 

8. When was the last time you were surprised? 

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