Feelings Word Exchange

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Alex says fine after a frustrating team meeting.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Separate similar feeling words using intensity, body cues, and a need that might accompany each.

3. Which word adds useful detail?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.