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Access the world of feelings faster with emotions cards!

It is not always easy to talk about your feelings or to name them. This unique collection of 120 emotion cards shows the entire range of emotions. Not only the pleasant, positive feelings are depicted on appealing picture cards, but also the negative emotions. The pictures and situations presented enable you as a therapist or counselor more quickly and confidently to talk about a wide range of emotions and thus offer faster and more successful solutions for dealing with difficult feelings as well. The emotion cards make it easier for the patient or client to describe diffuse »gut feelings«: With the help of the emotion cards, you can encourage the patient or client in a playful way to perceive, name and/or interpret their own mood. The 60 positive emotion cards have a green patterned back, the 60 negative emotions have a red patterned back. So you can separate the cards quickly and easily after use, if you want to. These 120 emotion cards will be a great help in your daily work and certainly not only your patients and clients will have a lot of fun and joy with them. The emotion cards are suitable for all ages.

Working with the emotion cards

In therapy and counseling, you can use these emotions cards as a fast and effective way to start each session. During the therapy session you can also let the patient/client show his/her feelings, which he/she may not (yet) be able or willing to name. The emotions cards can also be used very well at the end of the session – for example,

the patient/client can use a second card to show how he/she is feeling compared to the beginning of the session.

Functions of the emotions cards

- ▶ Icebreaker
- ▶ Fast entry into the emotional world of the patient/client
- ▶ Follow-up of the time between therapy sessions
- ▶ Making one's own feelings visible
- ▶ Holding on to feelings at certain times
- ▶ Representing life events (e. g. as a marker when working with lifelines)
- ▶ Quicker visualization
- ▶ Clear report on experienced emotions
- ▶ Assigning certain feelings to certain persons or situations
- ▶ Non-verbal medium

Therapeutic use of the cards

As a therapist, educator or counselor, you can help your patients/clients to better access and express their feelings. Especially in the first therapy sessions, verbalizing and describing certain feelings may not be easy or, at this stage, may still be too difficult. Another way to use the cards is to discuss a particular situation. For example, in order to assess the feelings concerning that situation, you and your patient/client at first place one or more cards face down on the table. Then you talk about the situation and see if you agree in your assessments of the feelings about the situation.

Emotions cards can be used excellently in various areas!

In addition to their use in the (psycho-)therapeutic field, the emotions cards can also be used in many other areas:

- ▶ As an educator, e. g. in kindergarten, you can work with children from the age of three onwards on the world of emotions. Have the children describe the feelings, form opposing pairs, or sort the emotions cards into positive and negative. Or use the cards to discuss specific situations or to talk about an event (e. g., an argument between two children).

The emotion cards can also be used, to learn about different and new expressions of emotion.

- ▶ As an educator in school counseling or in one-on-one coaching, you will experience a faster and also deeper entry into conversations, which so far may have been impossible in so little time without these emotions cards.
- ▶ As a seminar leader, you can use the emotions cards as a creative introduction to the seminar, for group exercises or at the end of a seminar: »How did you feel before and after the seminar?«
- ▶ Group work, for example in schools, is much easier with the emotions cards, since words are not absolutely necessary when describing feelings using the cards.
- ▶ In supervision, emotions cards are popular tools for depicting one's own feelings in certain phases or for assessing the feelings of others without naming them directly.
- ▶ Other suitable places for using the emotions cards are self-awareness or self-help groups or groups on certain topics (e. g. mourning groups).
- ▶ The cards are also a popular medium for couples counseling/therapy.
- ▶ The cards can also be used in work with a very broad spectrum of clients, such as those with mental or learning disabilities or people with autism spectrum disorders.
- ▶ You can use the cards excellently when working with people who do not speak your language.

Listing of the emotion cards

How can the cards be kept apart? For better sorting and classification, the emotion cards have colored backs and are numbered. The positive emotion cards have a green patterned back, the negative emotions have a red patterned back. For better orientation, you will also find a number on the back so that you can find each emotion more quickly with the help of the following table.

Positive emotion cards	Negative emotion cards
1. cheerful, happy	1. aggressive
2. silly	2. ambivalent/torn
3. excited	3. disgusted
4. agitated	4. anxious
5. balanced/calm	5. angry
6. impressed	6. distressed
7. spurred	7. glum
8. liberated	8. offended
9. thrilled/exhilarated	9. ashamed
10. amused	10. worried
11. touched	11. concerned/shocked
12. elated	12. obstructed
13. moved	13. depressed
14. grateful	14. distant
15. energetic	15. jealous
16. determined	16. lonely
17. relaxed	17. disheartened
18. delighted	18. disappointed
19. pleased/delighted	19. exhausted
20. deeply moved/touched	20. startled
21. amused/enlivened	21. frustrated
22. relieved	22. inhibited
23. encouraged	23. bored
24. amazed	24. tormented
25. expectant	25. irritated
26. fascinated	26. hateful
27. free	27. helpless
28. caring	28. hungry
29. safe/protected	29. irritated
30. enthralled	30. cold
31. serene	31. empty/feeling numb
32. tense	32. melancholic
33. happy	33. suspicious
34. wide awake	34. tired
35. hopeful	35. envious
36. inspired	36. nervous
37. interested	37. dejected
38. strong	38. panicked
39. lively	39. pessimistic
40. lustful	40. clueless
41. motivated	41. sour
42. courageous	42. pained
43. curious	43. shocked
44. open	44. sad
45. optimistic	45. unhappy
46. self-confident	46. restless
47. sensitive	47. insecure
48. secure	48. unwell
49. carefree	49. dissatisfied
50. proud	50. bitter
51. brave	51. embarrassed
52. surprised	52. hurt
53. overwhelmed	53. lost
54. convinced	54. crazy
55. lighthearted	55. confused
56. in love	56. desperate
57. enchanted	57. tearful
58. affectionate	58. angry
59. content	59. fidgety
60. confident	60. shaky

About the authors



Annika Botved grew up partly in Denmark and France. After school, she lived in Switzerland for three years and attended a hotel school there. After a few years in the industry and additional studies in Germany, she ended up in Hanover. »My school notebooks and textbooks have always been full of little drawings. Painting has always been a lot of fun for me.« After a few stints in academic professions, she started further training in new media and two years later took the plunge into self-employment by founding »penimals«. »I finally get to paint and draw all day, and my children are both good advisors and inspiration.«



Dipl.-Psych. Melanie Gräßer is a psychological psychotherapist (behavioral therapy) with her own practice for children, adolescents and adults in Lippstadt. She has many years of professional experience in child and adolescent psychotherapy and pediatrics. Her main focus is on the treatment of chronic physical illnesses and somatoform disorders. somatoform disorders. In addition, Ms. Gräßer specializes in the treat-

ment of trauma. She is a certified EMDR therapist for children, adolescents and adults. In addition to her practical work, Ms. Gräßer has been giving seminars and supervision in the field of psychotherapy training as well as in the context of self-help groups for many years. She is also a self-awareness trainer. Further, Ms. Gräßer is an author and developer of therapeutic games.



Eike Hovermann Jr. is the managing partner of the Academy for the German Economy and founder and managing director of the Academy for Kindergarten, Daycare and After-School Care. He is the author of numerous specialist books and guidebooks and the developer of therapeutic games. To underpin his psychological expertise, Mr. Hovermann is studying psychology at the University of Bielefeld alongside his »job«. Privately, Mr. Hovermann has founded a foundation for education and training for women in Africa. For years he has been committed to passing on knowledge and education in order to give all children a solid foundation and training for their later lives. His credo is: Investment in education brings the best interest.

Rossa – Rossa

Emotions-Monster-Mix for externalizing with children
64 picture cards with
20-page booklet in sturdy
box.

With illustrations by
Steffen Gumpert.

With online material.
GTIN: 4019172100025



The Emotions-Monster-Mix is a set of cards that can be used to externalize stressful emotions, thoughts and behavior patterns. The procedure is suitable for children from the age of 6 and is based on the mix-and-match principle – four cards each make up a figure, e.g. an »anger monster« or »my sadness«. Together, the individually designed monster is then changed step by step. Thus, for example, it is possible, as an accompaniment to cognitive restructuring, to exchange the anger knight's armor for a colourful rainbow T-shirt or to give the anxiety a flower hat. Distancing oneself in this way can in turn be used therapeutically in the context of various interventions. Further possible applications are explained in the booklet.