

## Joy:

1) Define "Joy": \_\_\_\_\_

\_\_\_\_\_

2) Recent Joyful Experience: \_\_\_\_\_

\_\_\_\_\_

3) Your Relationship with Joy: \_\_\_\_\_

\_\_\_\_\_

## Anger:

1) Define "Anger": \_\_\_\_\_

\_\_\_\_\_

2) Recent Angry Experience: \_\_\_\_\_

\_\_\_\_\_

3) Your Relationship with Anger: \_\_\_\_\_

\_\_\_\_\_

## Sadness:

1) Define "Sadness": \_\_\_\_\_

\_\_\_\_\_

2) Recent Sad Experience: \_\_\_\_\_

\_\_\_\_\_

3) Your Relationship with Sadness: \_\_\_\_\_

\_\_\_\_\_

## Fear:

1) Define "Fear": \_\_\_\_\_

\_\_\_\_\_

2) Recent Fearful Experience: \_\_\_\_\_

\_\_\_\_\_

3) Your Relationship with Fear: \_\_\_\_\_

\_\_\_\_\_

## Gratitude:

1) Define "Gratitude": \_\_\_\_\_

\_\_\_\_\_

2) Recent Grateful Experience: \_\_\_\_\_

\_\_\_\_\_

3) Your Relationship with Gratitude: \_\_\_\_\_

\_\_\_\_\_

