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FOLLOW UP QUESTIONS

- Does the chart reflect how you are feeling?
- Does anything surprise you?
- What do your big *feel good* and *feel bad* emotions tell you?
- What triggers these emotions? What are they about?
- Thinking about your most troubling emotions - What do you tell yourself about these emotions?
- Would you say the same things to someone else who was having these feelings? Are there more useful messages to take from these emotions?
- Could any of your top feel good emotions be used to combat your most unwanted emotions?
- How have your emotions changed over time?