| Feeling and emotions | | | |
|------------------------------|---|-------------------|---|
| I feel happy and joyful when | 1 | I feel sad when | 2 |
| | | | |
| I feel excited when | 3 | I feel loved when | 4 |

| I feel calm and peaceful when | 5 | I feel anxious when | 6 |
|-------------------------------|---|---------------------------------|---|
| | | | |
| | | | |
| I need patience when I feel | | I need self-control when I feel | |
| | 7 | | 8 |