

# An invitation to further exploration

Getting more out of your *Mixed Emotions* cards

The questions associated with each *Mixed Emotions* card may help you explore the emotions you're feeling more deeply and gain greater benefit from the information they provide.

<p>Afraid</p>		<p>Fear demands a response. Will you change your circumstances or change yourself?</p>	<p>Comforted</p>		<p>What soothes your senses? What do you want to see? What do you want to hear? What do you want to smell, taste, or touch?</p>
<p>Angry</p>		<p>Anger shows you where your boundaries lie. What's the best way to take care of yourself without hurting others?</p>	<p>Compassionate</p>		<p>Compassion is empathy with legs on it. What are you inspired to do?</p>
<p>Ashamed</p>		<p>How does shame serve you? Especially if you weren't responsible for what happened. Can you let it go? And if you WERE responsible, can you make it right?</p>	<p>Confident</p>		<p>Confidence inspires action. What will you undertake?</p>
<p>Bored</p>		<p>If boredom were soil, what would you plant in it?</p>	<p>Confused</p>		<p>You can sort this out. The closer you get to your own center, the less disoriented you'll be. What can you do to center yourself?</p>

Creative		What can you bring forth that will enable you to express and recognize yourself in a whole new way?
Curious		Those who judge have answers. Those who are curious have questions. Guess who has more fun?
Depressed		If your depression had a message for you, what would it say?
Desperate		If you are desperate enough to consider giving up, are you desperate enough to consider going to creative extremes? What do you have to lose?
Disappointed		What if you could do better? Or the timing was just off?

Discouraged		You could try again. You could try something else. Or you could wait. What would put the wind back in your sails?
Disgusted		Disgust inspires you to avoid what's toxic. Then again, what's garbage to some is treasure for others. Have you looked at it from another perspective?
Embarrassed		Well, THAT happened. When do you think you'll be able to laugh about it?
Empowered		What would empower you right now? Education? Money? Health? Confidence? How can you bring more of that into your life?
Encouraged		What encourages you? A positive outcome? Good news? The approval of someone you respect? How can you bring more of that into your life?

Excited		Yes! What if you pretended things were going to turn out in the best possible way, and then celebrated as if they had? Would you experience more excitement in your life?
Exhausted		Is it your body that's exhausted? Your mind? Your spirit? What could you say "no" to that would restore your energy? What could you say "yes" to?
Free		Would you ever have appreciated freedom if you had never felt trapped? Can you look back at the cage you were in and celebrate it?
Frustrated		Road blocks, detours, obstacles, delays. Do you have any control over the situation you face? If not, can you let it go?
Fulfilled		The only person who knows what will fulfill you is you. And no book, workshop, guru, or friend can tell you how to achieve it. Are you ready to commit to your own fulfillment?

Grateful		One of the quickest ways to get out of a funk is to think about all the things you feel thankful for. If you wrote a "gratitude list," how long would it be?
Grief		Your world has changed completely, and yet life is going on around you as if nothing happened. Will your life ever be the same again? What if you were open to the possibility that it could be even better?
Guilty		You've done something that's inconsistent with your values. Can you make it right? If not, can you forgive yourself and let it go?
Happy		The greatest gift you can give to others is your own happiness. What can you do to spend more time in joy?
Hateful		Is your hatred a defense against something that hurt you? Is it keeping you from confronting the source of your pain? What if you had the courage to face it and let it go?






Hopeful		You have planted the seed of hope. What could you do to help it bear fruit?
Hopeless		What if you didn't surrender to hopelessness? What if you took a step, no matter how small. What if that step were followed by another? And then another?
Inadequate		What would make you feel I like there was enough of you to take this on? How could you obtain the qualities and resources that you need?
Inspired		What sparks creativity in you? What moves you from thought to action? What motivates you to pursue your dreams?
Irritated		You know what causes blisters? Friction. Happens a lot when you break in new shoes. How can you eliminate friction in your life? What can you do to restore comfort?

Jealous		What are you afraid of losing? Was it ever really yours?
Lonely		Are you in good company? If you truly loved yourself, would you ever be lonely?
Longing		Desire is what drives us to create. How can you create what you long for?
Loving (platonic)		Love is the only thing that eclipses the fear of death. What do you love so much that you'd give your life for it in a heartbeat?
Loving (romantic)		Your happiness touches everyone around you. How could focusing on your own happiness improve your relationship with your beloved?

Overwhelmed		What do you really HAVE to do? What can you delegate? What can you postpone? What can you just let go of?
Panicky		You could fight. You could flee. But what if you had an idea? And what if you acted on it?
Peaceful		Peace is the eye of the storm—the tranquil center around which everything rages. What can you do to remain peaceful even in turbulent times?
Powerless		What do you have under control? What are you exceptionally good at? What do you really enjoy? Would focusing on those things help right now?
Proud		Pleasing yourself is sometimes much harder than pleasing others. What would give you a feeling of self-respect and personal worth?

Receptive		Does openness make you feel vulnerable? Could you benefit from ideas, arguments, or changes that take you out of your comfort zone?
Regretful		You could look backward with regret. Or you could look forward. Based on what you know now, what action could you take that you'd be least likely to regret in the future?
Relieved		Is there ANY better feeling than relief? What other areas of your life could you bring relief to?
Resentful		People naturally act in their own self-interest. Someone else's self-interest may have impacted you negatively, but in the end, who is your resentment really hurting? Can you let it go?
Resistant		Really? You want THAT to persist? What if you embraced something else instead?

Respect		Is there someone you respect and admire that you haven't told yet? How could you express the respect you feel?
Sad		Sometimes the sun is more enjoyable after you've been in the shade for a while. What if you gave yourself time to be sad?
Safe		What if the Universe was safe? And what if true safety lay—not in your surroundings—but within?
Shy		What does your shyness protect you from? It may have served you once, but does it still? How would overcoming it serve you?
Stress		Stress can motivate or paralyze you. How can you keep just enough stress in your life to be productive, and get rid of the stress that holds you back?

Surprised		The unexpected can be pleasant or unpleasant. How can you encourage pleasant surprises and prepare for unpleasant ones?
Trapped		True, that door closed. But look around. See that open window?
Trusting		Trust is fundamental. If there are people in your life that you can't trust, are you accepting them fully? Is it safe for them to be themselves when they're with you?
Unfulfilled		Do you know what fulfills you? If not, could you sign up, enroll, volunteer, or experiment until you do? If you do know what fulfills you, what's keeping you from pursuing it?
Unsure		The path that's right for you is the one that feels the best. Use your <i>Mixed Emotions</i> cards. How do you feel about each choice that's available to you?

Vulnerable



Your vulnerability is a gift to others.  
What if, by being yourself, you made  
it safe for them to do the same?

Worried



Have you ever succeeded in solving a  
problem by worrying about it? What  
if you envisioned a better outcome,  
and then moved toward it?