

# The Feelings Journal

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### [The Feelings Journal](#)

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#### **feelings journal - Sesame Street**

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#### **K to Grade 2 • Feelings**

Good Feelings Journal Instructions: Draw a picture of something that makes you feel good, then write a sentence at the bottom of the page describing your picture or tell your teacher what to write for you

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#### **Today I feel: One hard thing that happened today was: One ...**

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#### **Feeling Certain: Gut Choice, the True Self, and Attitude ...**

use of feelings in choice fosters attitude certainty, (b) relates feelings to certainty through the mechanism of evoking the decision maker's true self, and (c) documents an application of feeling-derived attitudinal certainty to decision making Feelings and Choice Despite the ...

### **LESSON How are YOU F el - Rackspace**

share their feelings while following grammar rules for capitalization and punctuation • When they are finished, put another word on the board and have them follow the same steps above Independent Practice... When all of the students have completed their "Feelings Book," have them get into small groups and share their "feelings" books

### **Personal Health Series Feelings**

Personal Health Series Feelings Good Feelings Journal Instructions: Draw a picture of something that makes you feel good, then write a sentence at the bottom of the page describing your picture or tell your teacher what to write for you You and your classmates can put all the pages together to create a Good Feelings Journal for the class

### **Feelings Inventory - Nonviolent Communication**

Feelings Inventory The following are words we use when we want to express a combination of emotional states and physical sensations This list is neither exhaustive nor definitive It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to

### **The Secret to Happiness**

Ethics, Aristotle states that "to have these feelings at the right times on the right grounds towards the right people for the right motive and in the right way is ( ) the mark of virtue" (1106b9- 1107a1; Thomson, 1955, p 101) Anger, fear, as well as pleasure are right, ...

### **Food & Feelings - Intermountain Healthcare**

Time Feelings before eating (see ideas on back) Hunger (1-10\*) Food choices Fullness (1-10\*) Feelings after eating (see ideas on back) Date: \_\_\_\_ q  
Sun q Mon q Tue q Wed Thu q Fri q Sat This journal can help you track what you eat and how it connects to your feelings over the course of a day

### **Feeling Clusters Journal - Weight Management Psychology**

Feeling Clusters Journal weight management psychology F<sup>o</sup>ling Clusters Journal Sad, blue, down Stressed, tense, overwhelmed Angry, frustrated, resentful, hostile

### **The Potential of Pleasant Feelings - uni-hamburg.de**

The Potential of Pleasant Feelings 2 Insight Journal volume 44 • 2018 ing Birth Story, the Lomahaṃsa-jātaka (Jātaka tale 94), which reports a whole past life spent by the bodhisattva in asceticism Closer inspection of the Mahāsihanāda- sutta confirms that the range of practices described here are not easily accommodated within the period of a few

### **Feeling Brown, Feeling Down: Latina Affect, the ...**

to discuss what I'm calling "brown feelings" The larger project of this essay engages different psychological and phenomenological discourses in an effort to theorize affective particularity 1 This word usage is calibrated to address a minoritarian subject For more on this particular narrative of subjectivity, see Muñoz 1999

### **Feelings / Behavior Journal For Children And Teens**

journal, this allows the client to identify feelings Learning coping skills benefits the client especially when she/he is coping with challenging feelings such as anger or sadness This activity gives the client the opportunity to have on place to write a feeling and document a coping skill, thus

integrating coping skills into his/her daily life

### **Feeling the Future: Experimental Evidence for Anomalous ...**

Feeling the Future: Experimental Evidence for Anomalous Retroactive Influences on Cognition and Affect Daryl J Bem Cornell University The term psi denotes anomalous processes of information or energy transfer that are currently unex-

### **Discriminative and Affective Touch: Sensing and Feeling**

Neuron Perspective Discriminative and Affective Touch: Sensing and Feeling Francis McGlone,<sup>1,3</sup> \* Johan Wessberg,<sup>2</sup> and Ha°kan Olausson<sup>4</sup>  
1School of Natural Science & Psychology, Liverpool John Moores University, Liverpool, L3 3AF, UK 2Institute of Neuroscience and Physiology, University of Gothenburg, Box 432, 40530 Go°teborg, Sweden 3Institute of Psychology, Health & Society, ...

### **Emotion and Decision Making - Harvard University**

In surveying research on emotion and decision making, eight major themes of scientific inquiry emerged Consistent with the fact that the field is in its infancy, these themes typically: (a) vary in the amount of research conducted, (b) contain few competing theories, (c) include few

### **FEELINGS JOURNAL FOR KIDS TEMPLATE PDF**

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### **Feeling of Knowing in Memory and Problem Solving**

Feeling of Knowing in Memory and Problem Solving Janet Metcalfe University of British Columbia Vancouver, British Columbia, Canada This study investigates feelings of knowing for problem solving and memory In Experiment 1 subjects judged their feelings of knowing to trivia questions they had been unable to answer, then performed