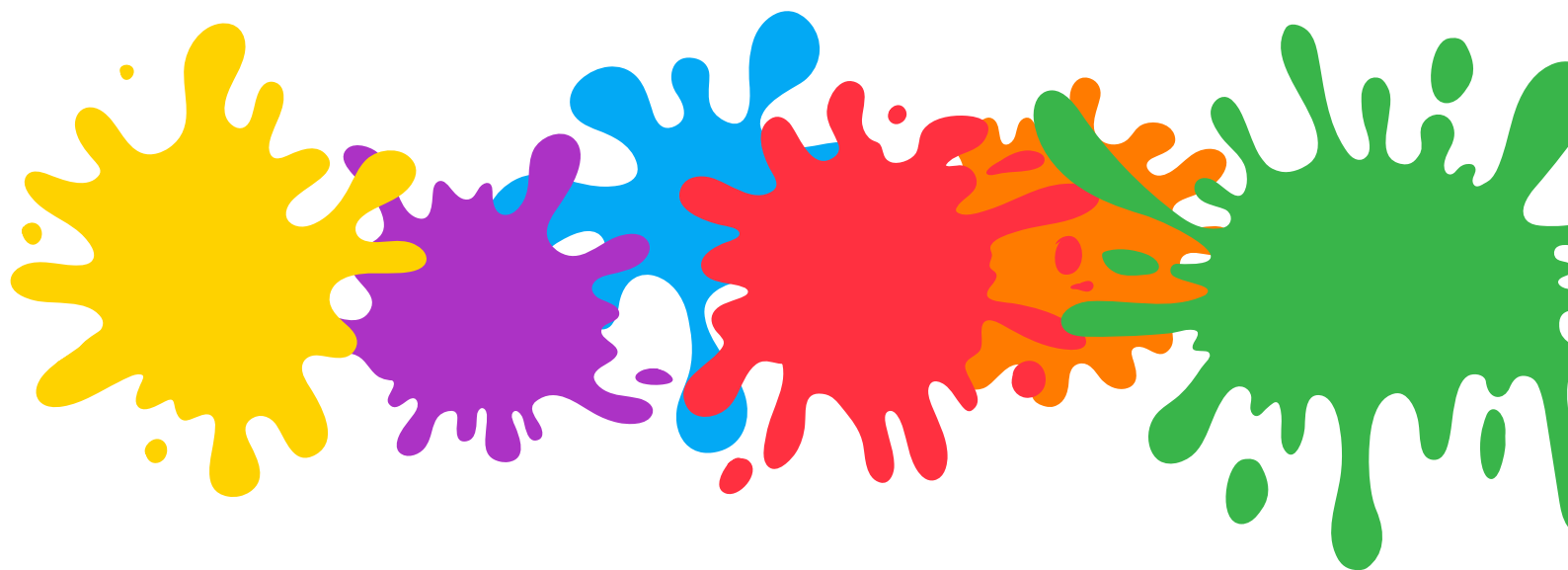




## COMBINATIONS OF FEELINGS

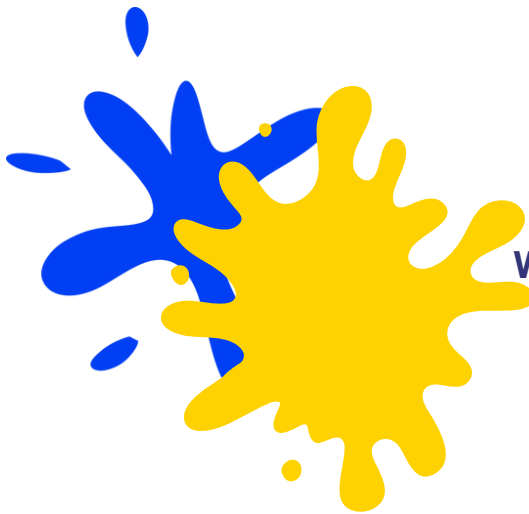
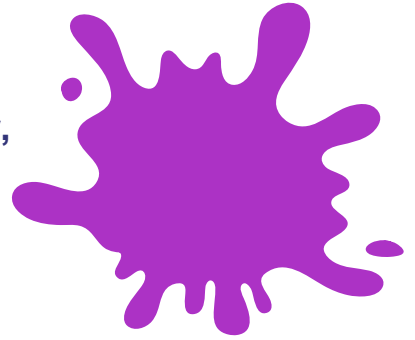
**This combination of worksheets is to explore feelings and what happens when they combine. Its been designed to use to create deeper conversations about how someone is feeling or assist them in understanding what they are feeling.**



# COMBINED FEELINGS



When red and blue are mixed together,  
this will make purple.



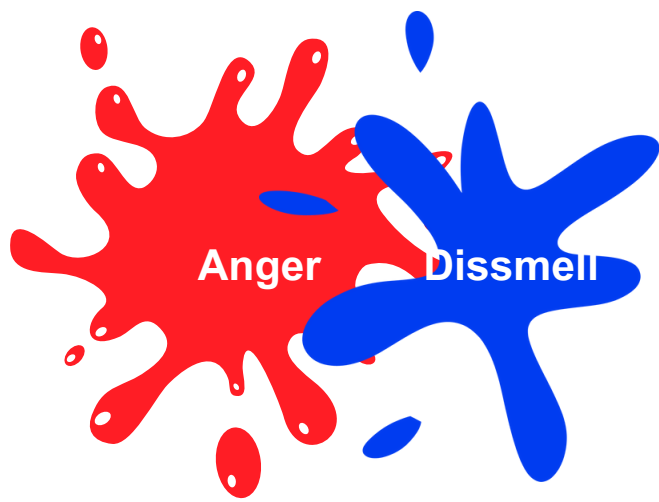
When blue and yellow are mixed  
together this will make green.



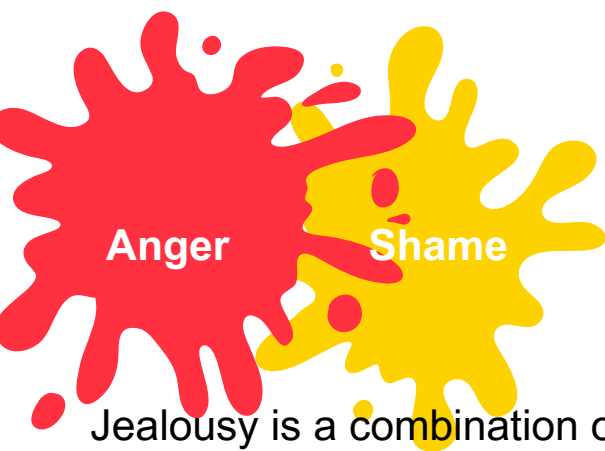
When red and yellow are mixed  
together this makes orange.



Just like the colours, feelings can often combine and  
when they do, they create more feelings, these feelings have names too.



Contempt is a combination of anger and dismissal mixed together. To feel contemptuous is to look down on other people. You think you're better than they are. You feel as if there's something wrong with them.



Jealousy is a combination of shame and anger. To feel jealous is to feel bad inside because someone else has something you want. Or you have a rival for someone else's affection or attention. You feel less worthy and may start to feel that something is wrong with you



Loneliness is a combination of shame and distress. To feel lonely is to feel like an outsider. You want to feel close to someone, belong to a group but instead you feel on your own, left out, ignored and maybe feel unwanted. It feels like no one cares about you, understands you or wants to be with you

When your mood is high, you feel excited, but when it's low, your head drops, shoulders slump, and tears may come. While some use "depressed" to describe a low mood, depression is a more severe condition that often requires medical guidance. Similar to loneliness, a low mood combines feelings of shame and distress.

