


Emotional touchpoints

Self-management website for people who have had a stroke www.selfhelp4stroke.org

Topic 4 Emotional Support

Sharing experiences are important to people to help express how you feel and also how you relate to your own feelings. Sometimes it can be difficult to talk to someone else, to describe how you are feeling, and what your views might be. Cut out and use the cards below to help you. An additional page is included with blank cards for you to describe feelings that are more specific to you.

(cut out) 

Sad	Happy	Lonely	Involved
Able	Unable	Stuck	Moving on
Dependent	Independent	Angry	Calm
Anxious	Capable	Loved	Unloved



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(cut out) 