

Try FlourishTalk - Free Emotions Sample

5 Carefully Selected Emotion Cards

A FlourishTalk Conversation Deck for Emotional Intelligence and Wellbeing



Visual concept:

Five abstract human silhouettes arranged in a gentle circular flow, each representing a different emotional state with distinct colors: red for frustrated energy, green for peaceful contentment, anxious red-orange tension, warm yellow-pink loving connection, and serene light green tranquility. Soft watercolor gradients blend between the figures, symbolizing emotional transitions and the interconnected nature of our emotional experiences within the Emotion Meter framework.

About Free Emotions Sample

What Is This Collection?

This free sample includes 5 emotion cards selected to showcase the breadth and depth of the FlourishTalk approach: Frustrated (Red Quadrant), Content (Green Quadrant), Anxious (Red Quadrant), Loving (Yellow Quadrant), and Peaceful (Green Quadrant). Each card features 15 research-based questions that guide you from recognition through regulation to growth and integration.

What's Included in This Sample

Frustrated (Red Quadrant): High energy, unpleasant emotion exploring anger, irritation, and blocked goals.

Content (Green Quadrant): Low energy, pleasant emotion examining satisfaction, ease, and peaceful acceptance.

Anxious (Red Quadrant): High energy, unpleasant emotion navigating worry, fear, and uncertainty.

Loving (Yellow Quadrant): High energy, pleasant emotion celebrating affection, connection, and warmth.

Peaceful (Green Quadrant): Low energy, pleasant emotion cultivating calm, tranquility, and inner stillness.

How to Use This Deck

Solo Reflection: When experiencing an emotion, find its card and explore the questions. Journal your responses, noticing patterns and insights.

Building Vocabulary: Review cards regularly to expand your emotional vocabulary and recognize subtle distinctions between similar emotions.

Dialogue with Others: Use emotion cards to facilitate deeper conversations about feelings, helping others articulate their inner experience.

Emotion Tracking: Keep a daily log of emotions experienced, using the quadrant system to notice energy and mood patterns over time.

The Emotion Meter Framework

Emotions are organized into four quadrants: Red Quadrant (High Energy, Unpleasant) includes emotions like enraged, panicked, and stressed. Yellow Quadrant (High Energy, Pleasant) includes joyful, excited, and enthusiastic. Blue Quadrant (Low Energy, Unpleasant) includes sad, lonely, and depressed. Green Quadrant (Low Energy, Pleasant) includes calm, content, and peaceful. Understanding where emotions fall helps you recognize patterns and choose appropriate responses.

The Five Question Tiers

Each emotion card follows a deliberate progression: Recognition (Q1-3) helps you identify when and how the emotion shows up. Embodiment (Q4-6) explores physical sensations and body awareness. Function & Meaning (Q7-9) examines what the emotion is revealing or protecting. Regulation & Response (Q10-12) develops skillful ways of working with the emotion. Growth & Integration (Q13-15) deepens wisdom and cultivates a healthy relationship with all emotions.

About FlourishTalk

This deck is part of the FlourishTalk conversation facilitation platform developed at Stellenbosch University. FlourishTalk provides 23,000+ research-grounded questions across wellbeing, relationships, character, critical thinking, and social justice - all freely accessible at www.flourishtalk.co.za

FRUSTRATED

Frustrated describes the unpleasant emotion that arises when efforts to achieve goals are blocked, thwarted, or delayed. This state combines elements of disappointment, irritation, and tension that result from perceived obstacles to desired outcomes. Frustration involves both the dissatisfaction of unmet expectations and the negative arousal that comes from feeling stuck or unable to progress.

Energy Level: 9/10

Pleasantness: 3/10

[RED QUADRANT]



Visual concept:

A person repeatedly trying to open a jammed door or fix something that won't work, getting more agitated with each failed attempt. Tools scattered, failed attempts visible, expression showing mounting irritation. Maybe they've tried five different approaches and none worked. Their posture shows effort meeting resistance - that feeling of being blocked from your goal despite persistent trying.

Exploring FRUSTRATED

Reflection Questions for Emotional Intelligence

1. What is frustrating you right now?
2. What goal or desire is being blocked or thwarted?
3. How do you know when you've moved from challenged to frustrated?
4. Where does frustration build in your body?
5. What does frustration feel like - pressure building, stuck, spinning wheels?
6. How does frustration show up in your behavior (sighing, complaining, giving up)?
7. What is frustration revealing about the gap between effort and results?
8. Is the obstacle within your control or outside your control?
9. What need (for progress, competence, success) is frustration pointing toward?
10. What alternative approach could you try when frustrated?
11. How can you work with frustration instead of against it?
12. What would accepting what you cannot change look like?
13. How has chronic frustration affected your motivation or persistence?
14. When has frustration pushed you to find creative solutions?
15. What's one small change that could reduce your most frequent frustrations?

CONTENT

Content describes a state of peaceful satisfaction and acceptance characterized by feeling that one's needs are met and life is fundamentally satisfactory. This gentle positive emotion involves quiet happiness without the intensity of excitement, creating a sense of being enough and having enough. Being content combines gratitude with peace, representing a stable state of wellbeing where one feels at home in life without craving more or different circumstances.

Energy Level: 5/10

Pleasantness: 8/10

[GREEN QUADRANT]



Visual concept:

A person sitting peacefully, perhaps after satisfying meal, in comfortable home, or resting after good day's work. Slight smile, relaxed posture, open body language. They're not seeking more - just appreciating this moment, this situation. No restlessness or desire visible. The satisfied-with-what-is quality captures contentment - peaceful appreciation of sufficiency, lack of wanting, quiet pleasure in present moment.

Exploring CONTENT

Reflection Questions for Emotional Intelligence

1. When was the last time you felt genuinely content with life?
2. What circumstances or experiences create contentment for you?
3. How do you recognize contentment versus complacency or happiness?
4. What does contentment feel like in your body and spirit?
5. Where do you physically sense that peaceful appreciation?
6. What sensations accompany being satisfied with what is?
7. What might contentment be revealing about sufficiency?
8. What does feeling content tell you about your needs and wants?
9. What information is contentment offering about present moment awareness?
10. What helps you cultivate contentment amid life's changes?
11. How do you want to nurture contentment without becoming complacent?
12. What would balanced contentment look like for you?
13. What wisdom could contentment teach you about enough-ness?
14. How might contentment enhance your quality of life?
15. What does contentment look and feel like in your daily life?

ANXIOUS

Anxious describes a state of uneasiness, tension, and apprehension about anticipated future events or uncertain outcomes. Unlike fear which responds to present threats, anxiety focuses on what might happen, often accompanied by worried thoughts, physical tension, and restless behaviors. While anxiety can serve a protective function by alerting us to potential danger, it becomes problematic when it persists beyond the triggering situation or interferes with daily functioning.

Energy Level: 8/10

Pleasantness: 1/10

[RED QUADRANT]



Visual concept:

A person sitting on edge of bed late at night, hands clasped tightly, eyes wide and darting, unable to sleep. Racing thoughts visible through worried expression. Perhaps checking phone repeatedly, or staring at ceiling. The room feels oppressive despite being normal. Their body shows tension - hunched shoulders, shallow breathing. The scene captures that awful churning worry about uncertain future events.

Exploring ANXIOUS

Reflection Questions for Emotional Intelligence

1. When was the last time you felt genuinely anxious about something?
2. What situations or circumstances tend to trigger your anxiety?
3. How do you distinguish between anxiety and productive concern or caution?
4. What does anxiety feel like in your body - where do you notice it first?
5. Where in your body do you physically sense anxiety most intensely?
6. What's your body trying to communicate when anxiety shows up?
7. What might your anxiety be trying to protect you from or alert you to?
8. What unmet need or important value does your anxiety point toward?
9. What information about your life or circumstances is anxiety offering you?
10. What helps you metabolize anxiety in healthy, constructive ways?
11. How do you want to respond when anxiety arises, rather than react to it?
12. What would skillful, compassionate handling of your anxiety look like?
13. What wisdom about yourself could anxiety teach you if you listened carefully?
14. How might this anxiety serve your growth or awareness right now?
15. What helps you distinguish between helpful caution and unhelpful anxiety?

LOVING

Loving describes a warm, tender emotional state characterized by deep affection, care, and attachment toward someone or something. This powerful positive emotion involves feelings of connection, protectiveness, and wanting the best for the beloved, often accompanied by tenderness and a desire for closeness. Being loving combines affection with care and commitment, creating one of the most profound emotional experiences that bonds people together and motivates nurturing behavior.

Energy Level: 5/10

Pleasantness: 9/10

[GREEN QUADRANT]



Visual concept:

Two people in moment of deep affection - perhaps parent cradling child, partners in tender embrace, or friends sharing meaningful moment. Physical closeness, gentle touch, expressions of care and tenderness. The scene radiates warmth and connection. Soft lighting emphasizes intimacy. The tender-connection quality captures loving feelings - warmth flowing between people, care expressed through touch and presence, profound valuing of other.

Exploring LOVING

Reflection Questions for Emotional Intelligence

1. When was the last time you felt deeply loving toward someone?
2. What relationships or connections kindle loving feelings in you?
3. How do you distinguish between loving and liking or caring?
4. What does feeling loving feel like in your body?
5. Where do you physically sense that warmth and tenderness?
6. What sensations accompany profound care for another person?
7. What might loving feelings be inviting you to express or do?
8. What does capacity for love reveal about your heart and values?
9. What information is love offering about connection and meaning?
10. What helps you express loving feelings authentically?
11. How do you want to show love when those feelings arise?
12. What would skillful loving look like in your relationships?
13. What wisdom could loving teach you about connection and care?
14. How might love enhance meaning and purpose in your life?
15. How do you express love in ways that feel authentic to you?

PEACEFUL

Peaceful describes a tranquil, harmonious state characterized by deep calm, absence of conflict, and serene contentment. This profoundly pleasant emotion involves feeling at rest, undisturbed by worries or agitation, and experiencing inner harmony. Being peaceful combines calmness with a positive quality of wholeness and ease, creating a sense that all is well and one can rest in the present moment without struggle or disturbance.

Energy Level: 3/10

Pleasantness: 8/10

[GREEN QUADRANT]



Visual concept:

A person in serene state, perhaps by calm water, in forest, or in meditation. Their posture shows complete ease without tension. Face reflects deep calm and inner quiet. Scene emphasizes tranquility - no disruption or agitation anywhere. The undisturbed-wholeness quality captures peace - not just absence of disturbance but positive tranquility, harmony, integration, profound sense that all is well.

Exploring PEACEFUL

Reflection Questions for Emotional Intelligence

1. When was the last time you felt genuinely peaceful?
2. What circumstances or practices create that profound tranquility?
3. How do you distinguish between peace and calmness or contentment?
4. What does peace feel like in your body and soul?
5. Where do you physically sense that undisturbed wholeness?
6. What sensations accompany the sense that all is well?
7. What might peace be revealing about harmony and integration?
8. What does experiencing peace tell you about your deepest needs?
9. What information is peace offering about your true nature?
10. What helps you cultivate and return to peace?
11. How do you want to nurture peace in your daily life?
12. What would building a more peaceful life look like?
13. What wisdom could peace teach you about what truly matters?
14. How might peace guide your choices and priorities?
15. Where do you find your deepest sense of peace?