

# i · am · heart

## Emotions Matrix

Circle the words that best describes your feeling:

<input type="checkbox"/> Fast	or	<input type="checkbox"/> Slow
<input type="checkbox"/> Soft	or	<input type="checkbox"/> Hard
<input type="checkbox"/> Dull	or	<input type="checkbox"/> Sharp
<input type="checkbox"/> Loud	or	<input type="checkbox"/> Quiet
<input type="checkbox"/> Big	or	<input type="checkbox"/> Small
<input type="checkbox"/> Cold	or	<input type="checkbox"/> Warm
<input type="checkbox"/> Near	or	<input type="checkbox"/> Far
<input type="checkbox"/> Thin	or	<input type="checkbox"/> Thick
<input type="checkbox"/> Short	or	<input type="checkbox"/> Tall
<input type="checkbox"/> Heavy	or	<input type="checkbox"/> Light
<input type="checkbox"/> Rotten	or	<input type="checkbox"/> Fresh
<input type="checkbox"/> Closed	or	<input type="checkbox"/> Open
<input type="checkbox"/> Low	or	<input type="checkbox"/> High
<input type="checkbox"/> Whisper	or	<input type="checkbox"/> Shout
<input type="checkbox"/> Sweet	or	<input type="checkbox"/> Bitter
<input type="checkbox"/> Dry	or	<input type="checkbox"/> Wet
<input type="checkbox"/> Empty	or	<input type="checkbox"/> Full
<input type="checkbox"/> Neat	or	<input type="checkbox"/> Messy
<input type="checkbox"/> Smooth	or	<input type="checkbox"/> Rough
<input type="checkbox"/> Strong	or	<input type="checkbox"/> Weak

Give your feeling a name: \_\_\_\_\_