POP-UP FESTIVAL

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Match the Message - Feelings have messages. Which message goes with which feeling?

It seems that you are put off by something. But somehow you are still curious about it.

You seem to be on the right track. Either things are going great or you are doing something well.

You could be in danger. Or maybe you think you won't be able to manage something.

Something seems to be unfair or not OK with you. Or something is in your way.

You might have done something wrong, you feel that you are not good enough, or others have been making fun of you.

I bring you the gift of lightness and openness to enjoy.

I bring you the gift of alertness and endurance to protect or prepare.

You might want to look away, cringe, say "yuck", be mean, criticize, push away.

You might want to fight, argue, attack, yell, hit, throw, blame.

You might want to avoid, disappear, stare at the floor, apologize, hide, slump, be defensive, pretend.

I bring you the gift of energy and motivation to make things right.

You might want to give up, sleep, do nothing, be alone, find comfort, cry.

You might want to enjoy, smile, be talktative, share, dance, jump, hug.

You have lost or are about to lose something that is important to you.

It's time to be careful.

You might want to freeze, avoid, speak fast, act frantically, think fast, hurry, run, call for help.

I bring you the gift of time and space to reflect and heal.

It's time to connect.

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Happy	Disgusted	Afraid

Angry	Ashamed	Sad

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