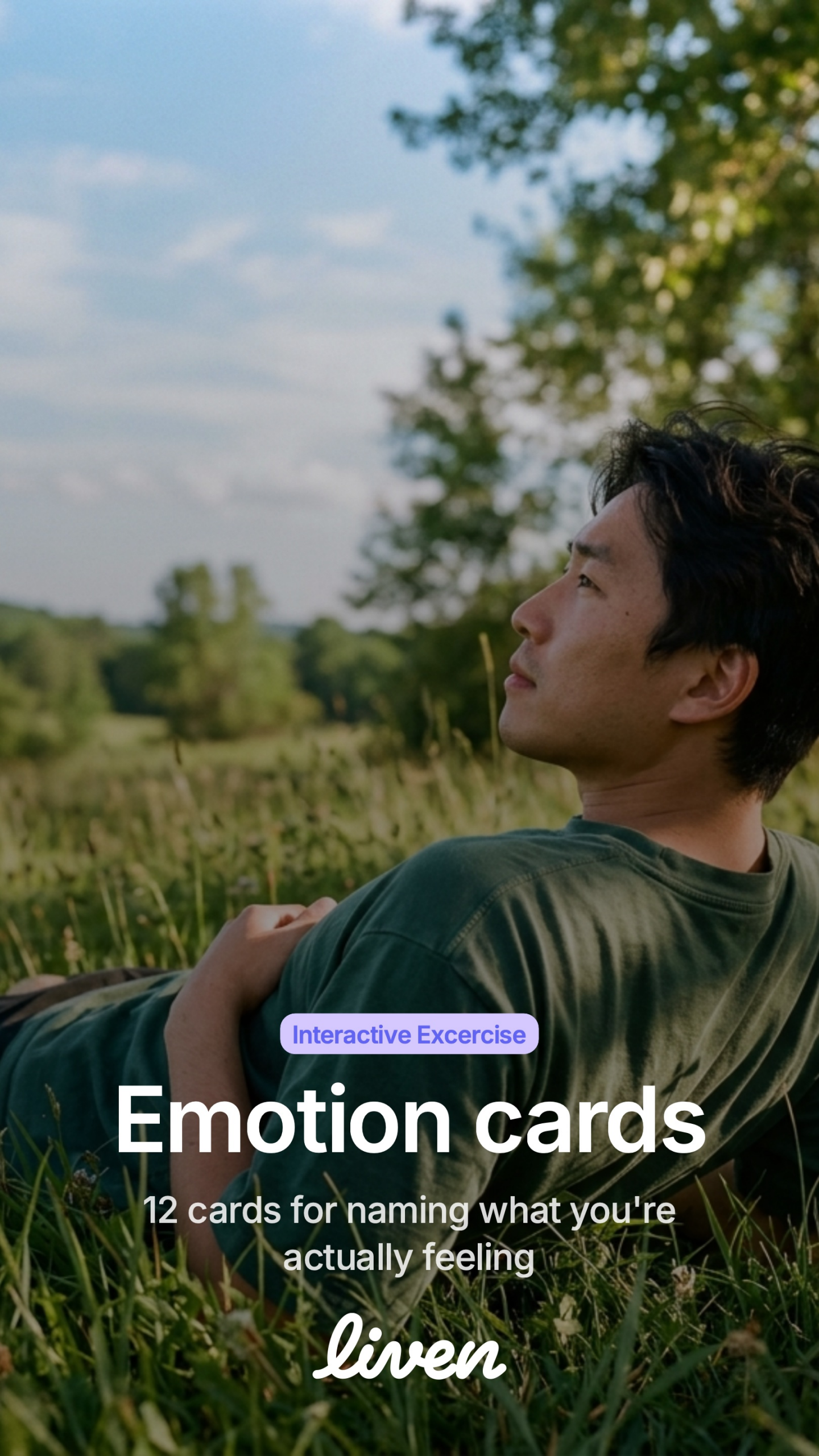


A man with dark, wavy hair is lying on his back in a lush green field. He is wearing a dark green t-shirt and looking up towards a blue sky with soft white clouds. The background is filled with tall grass and out-of-focus trees, creating a peaceful, natural setting.

Interactive Exercise

Emotion cards

12 cards for naming what you're
actually feeling

liven



How to Use This Deck

Naming what you feel is a skill most of us were never taught. These cards introduce twelve emotions you might recognize but rarely have words for. Use them to check in with yourself at the end of a day, to understand a reaction that surprised you, or just to expand what you can name. When you name something accurately, it tends to lose some of its grip on you.

1/12

The Cards
Overwhelm

liven

1/12

Overwhelm

Not quite out of control, but close.

Overwhelm happens when too many things are happening at once, and you run out of capacity to process them.

The small things pile up. The big thing underneath stays buried.

Sit with this:

What's the one thing demanding your attention right now — the thing underneath the pile?

Type here...

Type here...

2/12

The Cards
Dread

liven

2/12

Dread

Not fear of something that might happen — dread is about something you already know is coming. It sits in your chest before you think it in your head. It often shows up as avoidance.

Dread is almost always heavier in the waiting than in the doing.

Ask yourself:

What am I dreading right now?

Type here...

Type here...

And then:

What would happen if I faced it just slightly sooner than I planned?

Type here...

Type here...

3/12

The Cards

Irritability

liven

3/12

Irritability

Irritability is rarely about what it looks like. It might mean something important is going unmet — rest, acknowledgment, connection, or space. The small things just catch the heat.

It might be pointing to a need for:

Rest

Acknowledgment

Connection

Space

Quiet

Solitude

Today, ask:

What do I actually need that I haven't given myself?

Type here...

Type here...

4/12

The Cards
Numbness

liven

4/12

Numbness

Not sad. Not happy. Just not much of anything. Numbness is a response — the mind stepping back when things have been too heavy for too long. It passes when you stop trying to force your way through it.

You don't have to push through numbness.
Sometimes you just wait it out gently.

Without forcing it:

What small thing — a smell, a song, a texture — brings you faintly back?

Type here...

Type here...

5/12

The Cards
Longing

liven

5/12

Longing

The feeling of wanting something you can't quite name, or that you know isn't available right now. Sometimes it's a person. Sometimes it's a version of yourself. Sometimes it's just more time.

Longing is a clue. It tells you something about what genuinely matters to you.

Can you name it?

What are you longing for right now — even if it feels out of reach?

Type here...

Type here...

6/12

The Cards
Guilt

liven

Guilt

Guilt is a response to something you did or didn't do. It's useful when it points to a value you care about. It becomes a problem when it outlasts its purpose and becomes just a habit of feeling bad.

Useful guilt vs. habitual guilt

- "Does this guilt still point to something actionable?"
- "I've done what I can. I can release the rest."

✖ "I keep feeling bad about this."

✖ "I've apologized but still feel guilty."

Ask honestly:

Is the guilt I'm carrying still useful — or is it just a habit now?

Type here...

Type here...

7/12

The Cards

Resentment

liven

7/12

Resentment

Resentment grows in the gap between what we give and what we receive — or between what we expected and what happened. It almost always points to a need that was never voiced.

Resentment is unexpressed need, waiting to be heard.

What unspoken need is underneath this feeling?

Type here...

Type here...

Then consider:

What would it look like to say that need out loud?

Type here...

Type here...

8/12

The Cards
Relief

liven

8/12

Relief

Not happiness — relief is the release of something that was being held. It can feel like a shudder, a sigh, or sudden tiredness. Worth noticing. It's a good thing.

Relief deserves to be acknowledged, not rushed past.

Say it, even quietly:

What are you relieved about right now?

Type here...

Type here...

9/12

The Cards

Embarrassment

liven

9/12

Embarrassment

Embarrassment happens when we feel exposed — when a gap between who we are and who we're trying to appear opens up in front of someone. Entirely human. Usually forgotten far faster by others than by us.

Most moments that feel enormous to us
are barely noticed by others.

Sit with this:

What would you do if you knew this
moment mattered less than it feels like it
does?

Type here...

Type here...

10/12

The Cards

Contentment

liven

10/12

Contentment

Different from happiness. Contentment is quieter — it's the absence of wanting things to be different. It often shows up in moments we don't notice until they've already passed.

Contentment doesn't announce itself. You usually recognize it in hindsight.

Recall it:

When did you last feel genuinely content?
What was present in that moment?

Type here...

Type here...

11/12

The Cards

Grief

liven

Grief

Grief isn't only about death. It comes with any significant loss — a relationship, a version of yourself, something you hoped for, or a time that has passed. It doesn't follow a schedule, and it doesn't need a reason to qualify.

Grief can come from:

A relationship

A version of yourself

A hope

A time that has passed

A place

An identity

Give it a name:

What are you grieving right now — even something you haven't let yourself call grief yet?

Type here...

Type here...

12/12

The Cards

Tenderness

liven

12/12

Tenderness

The feeling of caring very much, held lightly. Tenderness makes you feel momentarily open and a little soft. It's a good sign — it means something genuinely matters.

Tenderness is not weakness. It's proof that something has found its way in.

Let yourself stay with it:

What or who makes you feel tender right now?

Type here...

Type here...

A Closing Note

You don't have to understand every emotion you feel. But the more accurately you can name them, the less they run the show from behind the scenes.

These twelve are a start. Your vocabulary will grow every time you take a few seconds to ask, "*What is this, exactly?*" rather than just carrying it.

That question — "What is this, exactly?" —
is a practice in itself.

liven



5M 

Downloads

300K+ 

5-star reviews

**If certain emotions keep
showing up, it's worth looking
closer**

A few quick questions can help you spot
patterns in what you're feeling — and point
you toward tools that might help.

Take the Liven Quiz