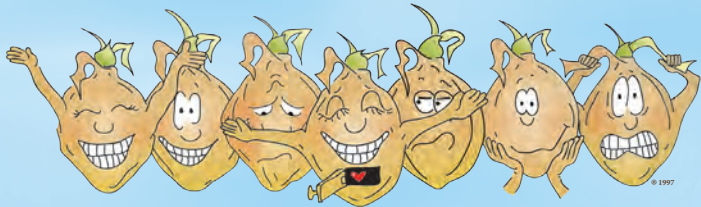


# Onionhead®

peeling feelings...teaching us what to do with what we feel



© 1997

# Instructions

## Individual:

1. Spread the cards out faces down
2. Pick 1, 2 or 3 cards
3. Study them and focus on why you are feeling this way
4. Speak or write as to why you feel you picked these cards
5. For the heavy emotions look for the opposite light emotion
6. Think about how you can get to that feeling and watch for the signs of transformation.

## Groups:

1. Spread the cards out faces down
2. Each member of the group picks two cards, one with the right hand and one with the left.
3. Each person discusses why they feel they picked the cards
4. For the heavy emotions look for the opposite light emotion
5. Talk about how to get to that feeling and watch for the signs of transformation.

# Instructions

## Conflict Resolution:

1. Divide the deck into the heavy emotions and the light emotions
2. Spread the cards out faces down
3. Pick 3 cards from each pile
4. The heavy emotions are what the issue is really about
5. The light emotions are what will lead you to the solution

## Suggestions for speech, spectrum and autism therapy:

1. Spread the cards out faces UP
2. Tell your patient or client to pick 1, 2 or 3 cards that mean the most to them
3. Watch for amazing results

*These exercises are great for individuals, families, groups, therapists, speech therapists, school counselors and social workers.*

## List of Feelings

Abandoned - Cherished

Abused - Nurtured

Ambivalent - Committed

Angry - Serene

Apathetic - Passionate

Argumentative - Harmonious

Arrogant - Humble

Ashamed - Proud

Asleep - Awakened

Betrayed - Loyal

Bitter - Sweet

Bored - Inspired

Brokenhearted - Blissful

Burdened - Uplifted

Careless - Careful

Cautious - Daring

Cheapened - Precious

Close-minded - Open-minded

Confused - Clear

Controlling - Allowing

## List of Feelings

Corrupt - Pure

Cowardly - Courageous

Cruel - Kind

Darkened - Enlightened

Deceptive - Honest

Defeated - Triumphant

Depressed - Excited

Destructive - Creative

Devastated - Ecstatic

Disappointed - Delighted

Discouraged - Encouraged

Doubting - Trusting

Egotistical - Spiritual

Exhausted - Energetic

Fearful - Safe

Frustrated - Fulfilled

Greedy - Sharing

Grieving - Joyful

Guarded - Vulnerable

Guilty - Guiltless

## List of Feelings

Harsh - Gentle

Hateful - Loving

Heartless - Compassionate

Helpless - Powerful

Hopeless - Hopeful

Horrible - Wonderful

Humiliated - Honored

Ignorant - Wise

Impatient - Patient

Imprisoned - Free

Insensitive - Sensitive

Irresponsible - Responsible

Isolated - Connected

Jealous - Embracing

Judging - Understanding

Lethargic - Determined

Limited - Unlimited

Lonely - Loved

Neglected - Protected

Pessimistic - Optimistic

## List of Feelings

Rejected - Accepted

Resentful - Forgiving

Rigid - Flexible

Sad - Happy

Scattered - Focused

Selfish - Generous

Stressed - Calm

Stubborn - Willing

Unconscious - Conscious

Undisciplined - Disciplined

Ungrateful - Grateful

Unlucky - Lucky

Violent - Peaceful

Worried - Enthusiastic

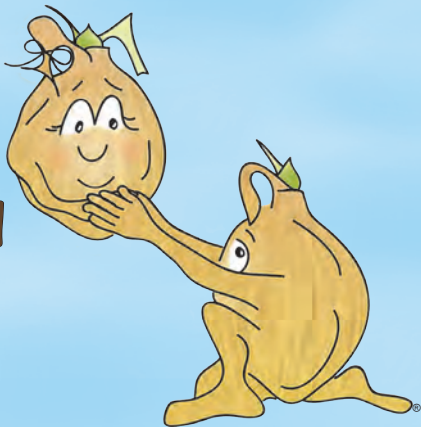
Wounded - Healed

**abandoned**





Cherished





**abused**

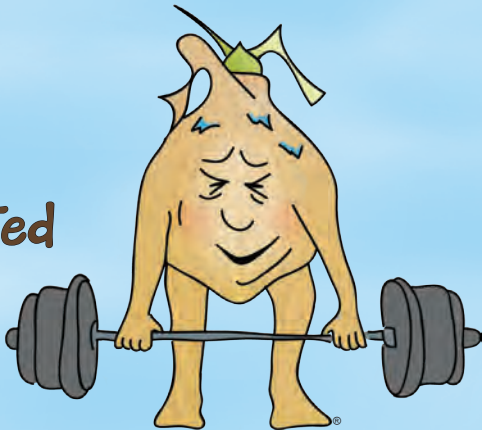
nurtured

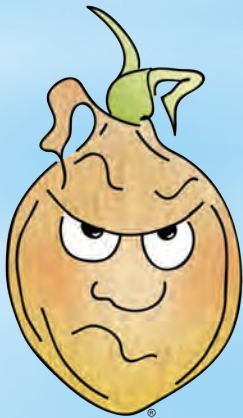




**ambivalent**

Committed





angry

**serene**

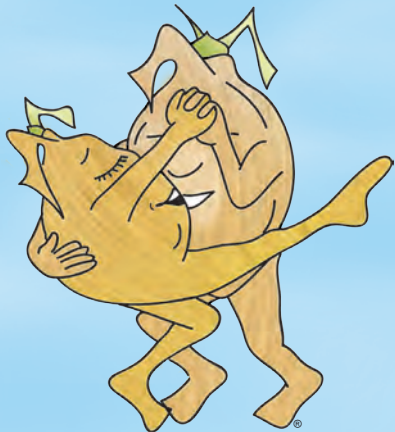


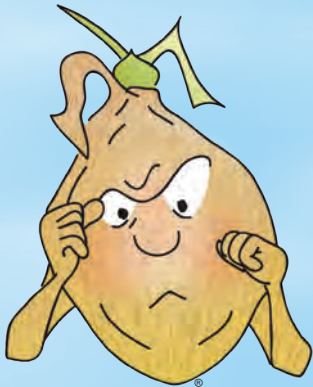


apathetic



passionate





**argumentative**

harmonious



arrogant





humble

ashamed



proud





asleep



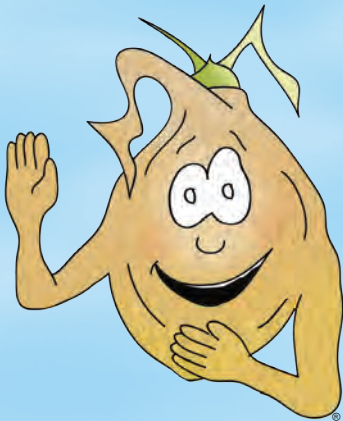
awakened



betrayed



loyal



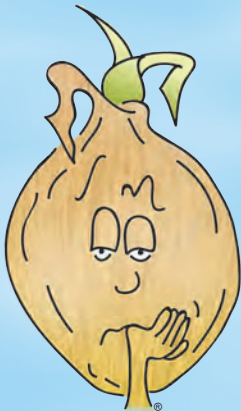
bitter

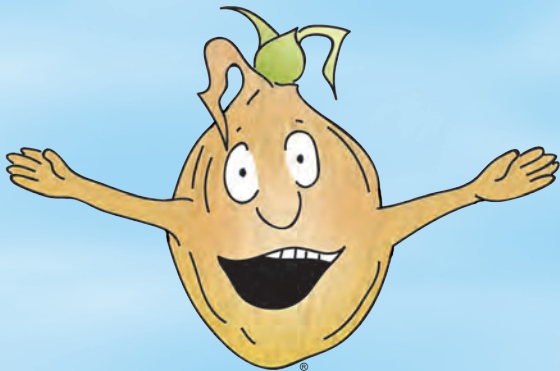




sweet

**bored**





inspired



brokenhearted



blissful





burdened



uplifted

careless



careful



cautious





daring



Cheapened

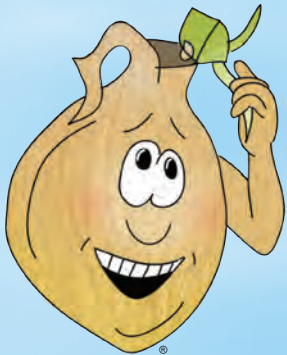


preCious



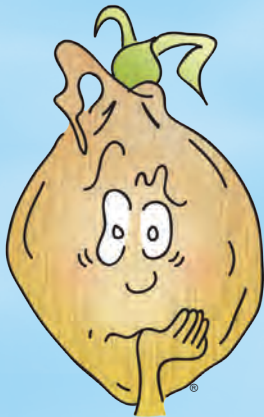


close-minded



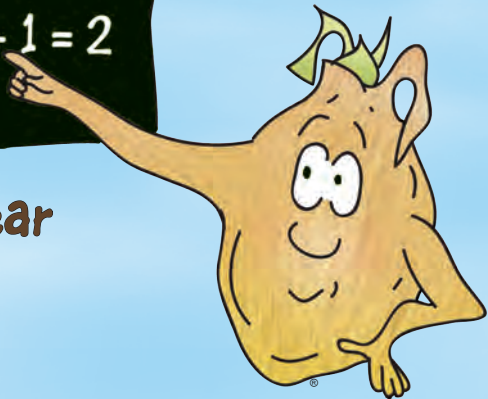
open-minded

Confused

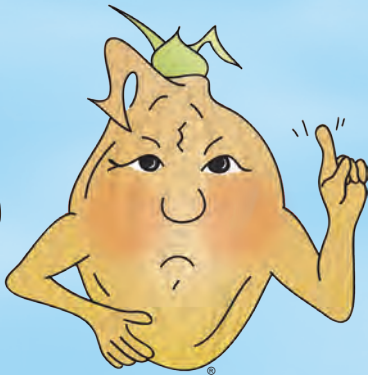


$$1 + 1 = 2$$

clear



Controlling





allowing

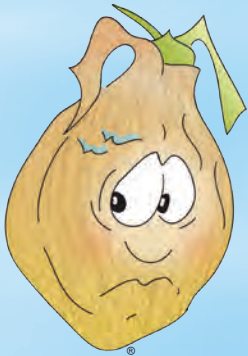


Corrupt





pure



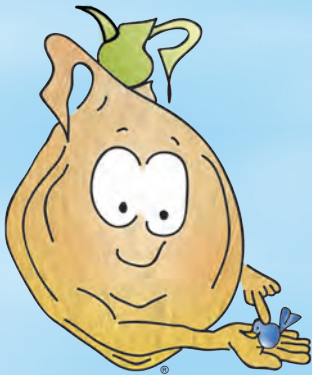
**Cowardly**

Courageous





**cruel**

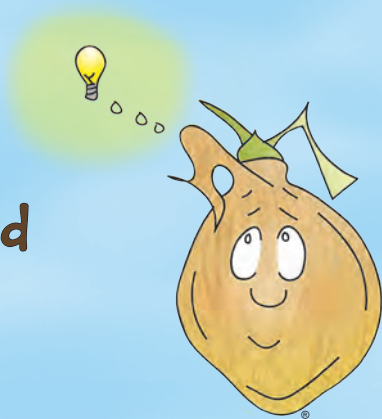


kind



darkened

enlightened

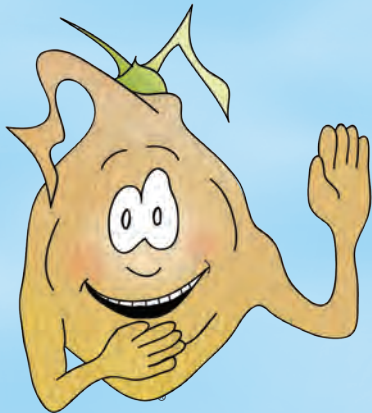




deceptive



honest



defeated



Triumphant



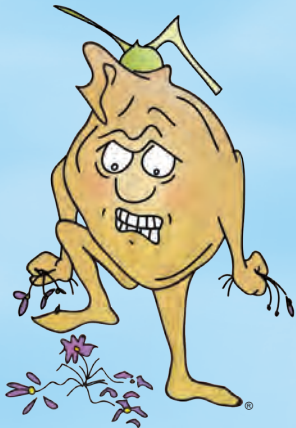
depressed





*excited*

destructive



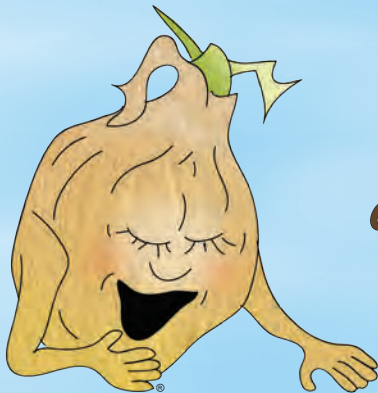
creative



devastated







ecstatic

disappointed



delighted



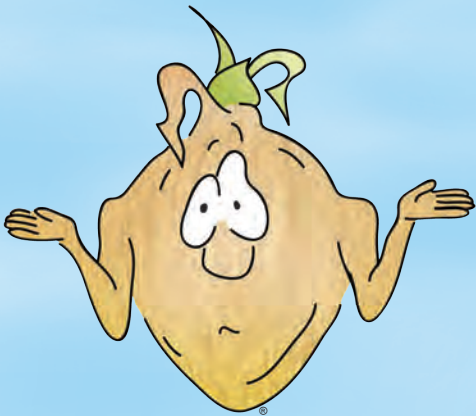


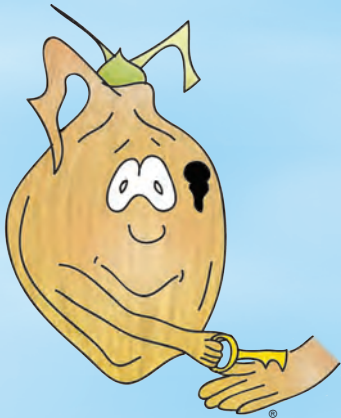
disCouraged



enCouraged

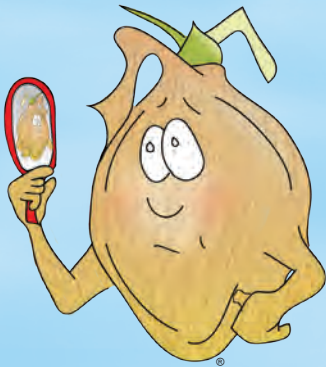
doubting





Trusting

egotistical







spiritual

exhausted





energetic

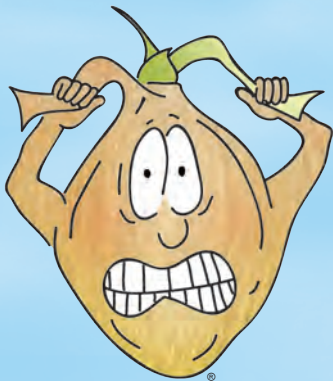
fearful

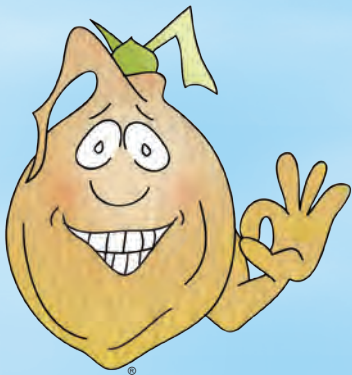




**safe**

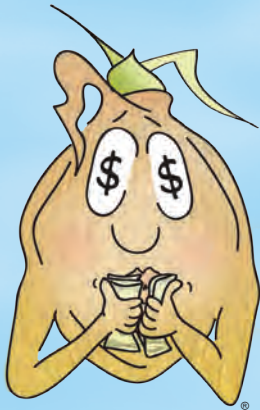
frustrated





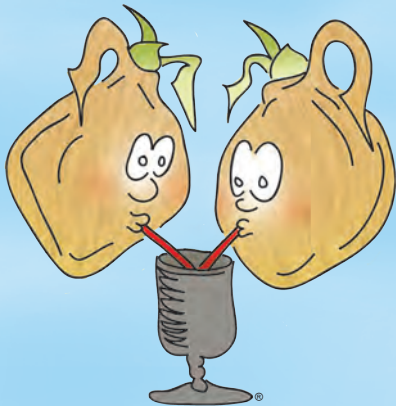
fulfilled

greedy





sharing





***grieving***



joyful



guarded



**vulnerable**

guilty



guiltless

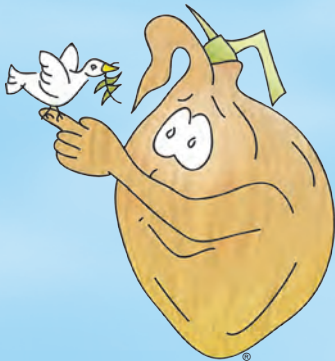




harsh



gentle



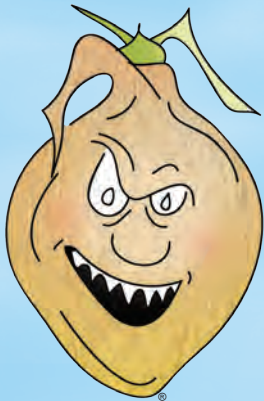
hateful



loving



heartless





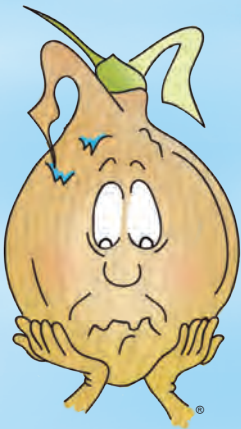
Compassionate

helpless



powerful





hopeless





hopeful

horrible





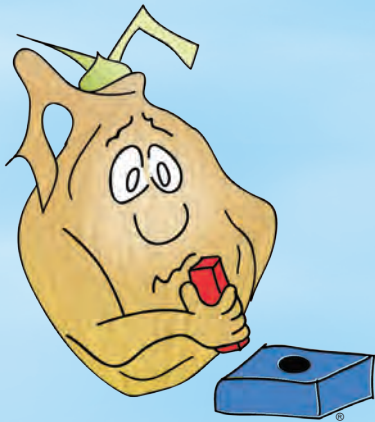
wonderful



humiliated



honored

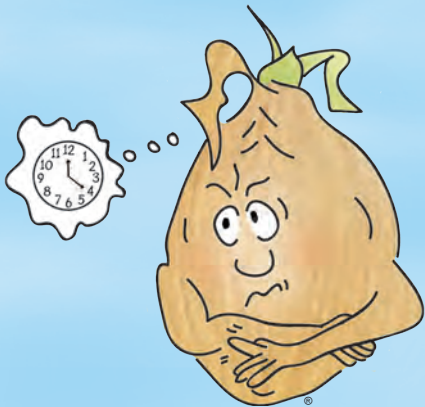


ignorant

wise



impatient







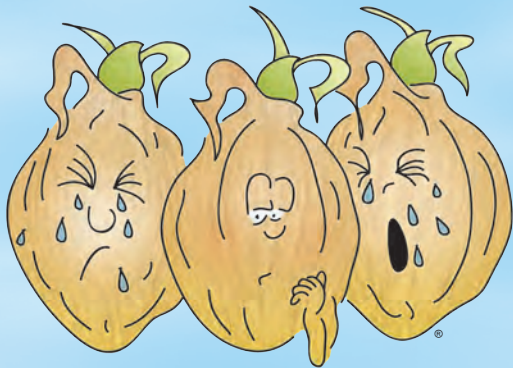
patient



imprisoned

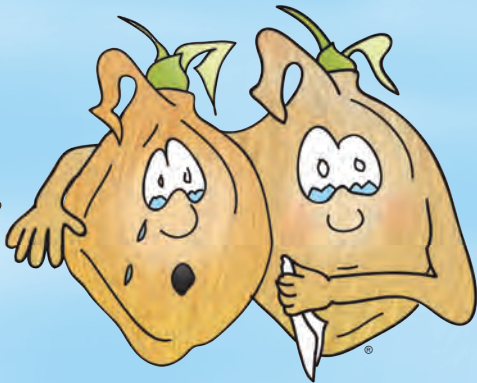
free



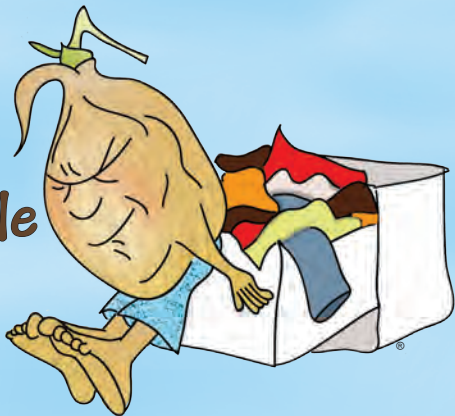


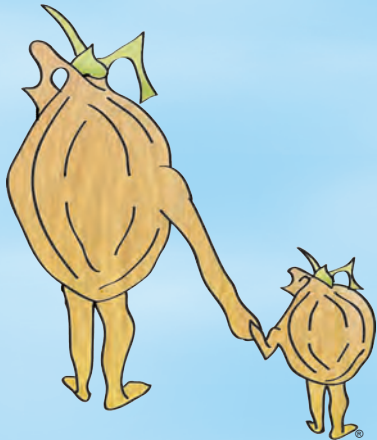
**insensitive**

*sensitive*

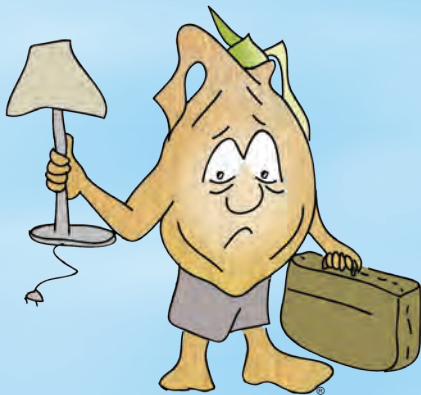


irresponsible



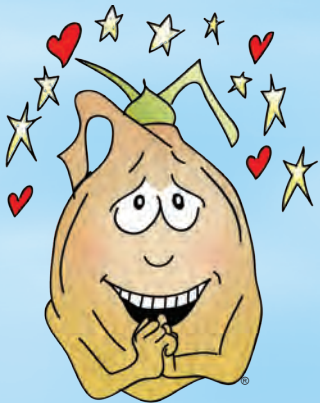


responsible



isolated

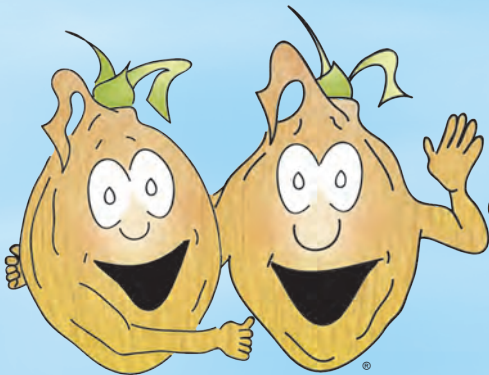




Connected



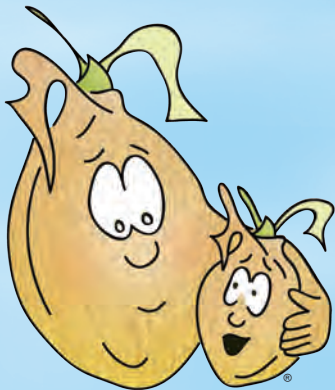
jealous



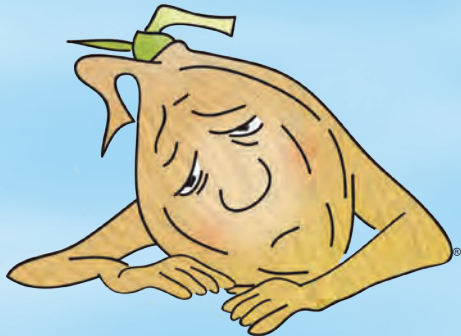
embracing



judging



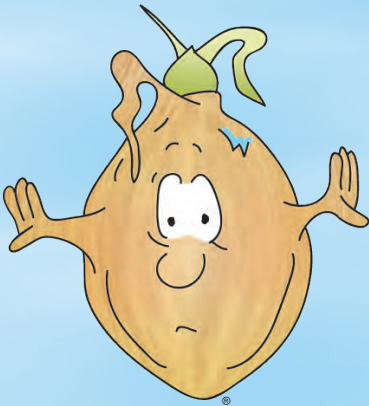
understanding



lethargic

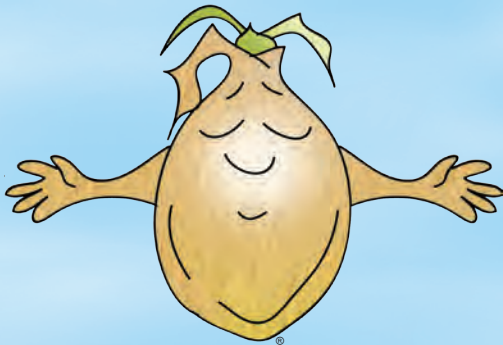


determined

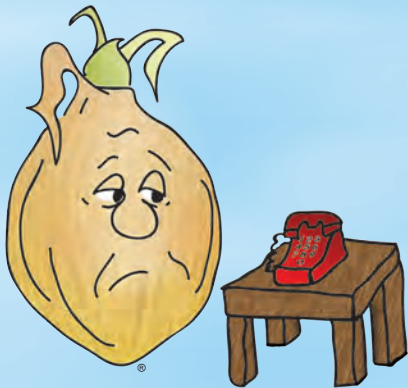


limited

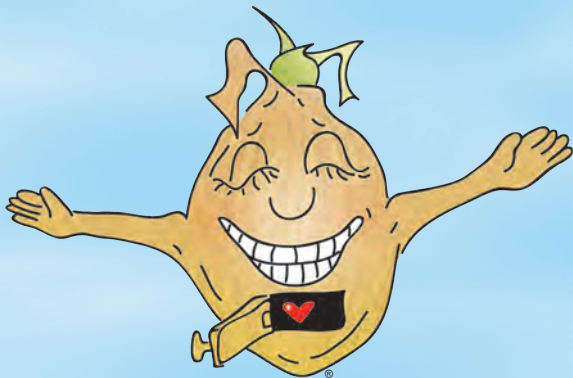




unlimited

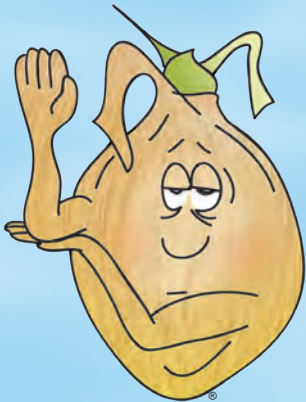


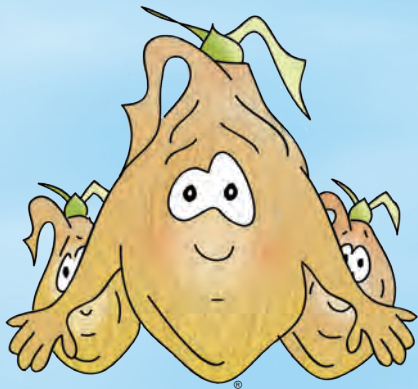
lonely



loved

neglected



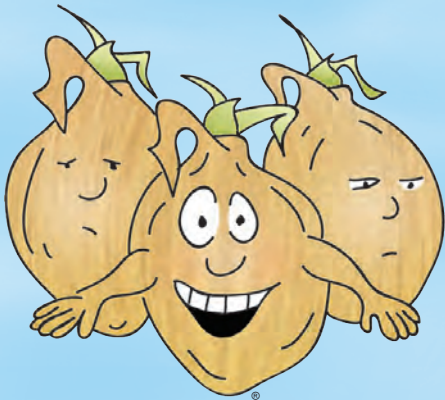


protected



pessimistic

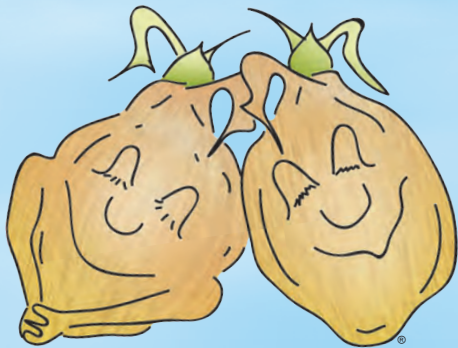
optimistic



rejected

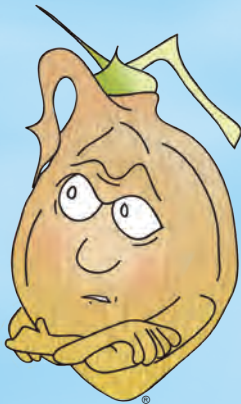


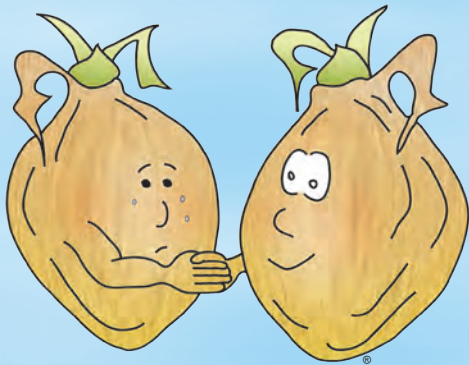




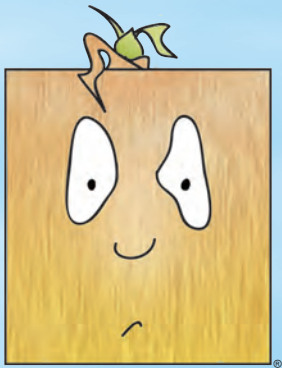
accepted

resentful





forgiving



rigid



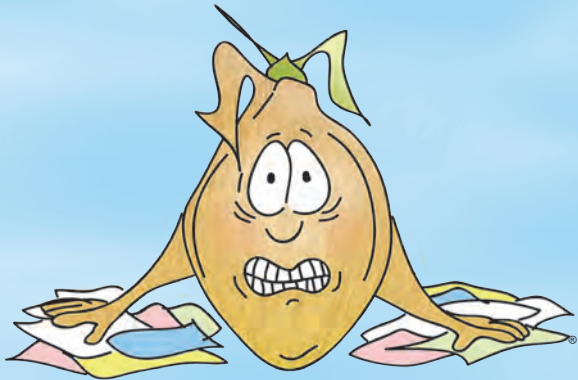
flexible

sad





happy



**scattered**





foCused

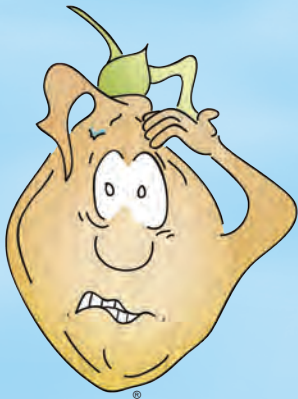


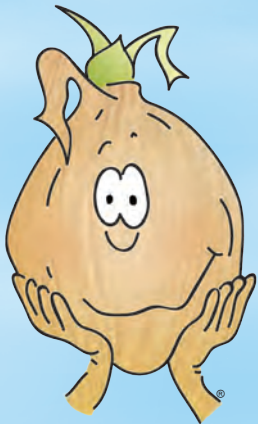
**selfish**



generous

*stressed*





calm

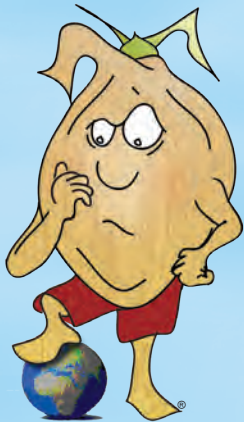


**stubborn**



willing

unConSCious





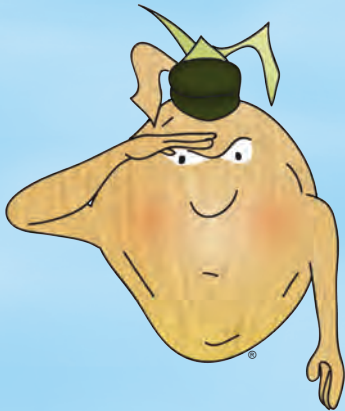


ConSCious



undisCiplined

disCiplined

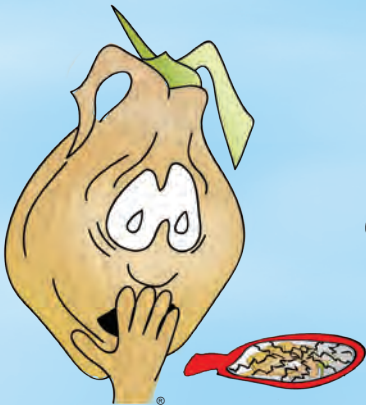


ungrateful

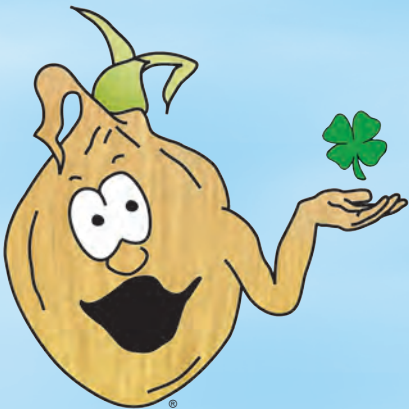




grateful



unlucky



lucky

violent

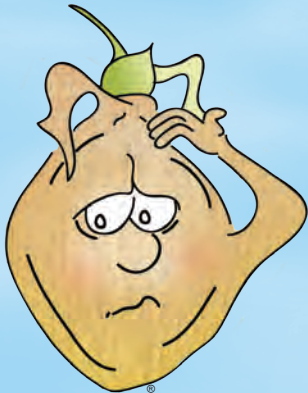


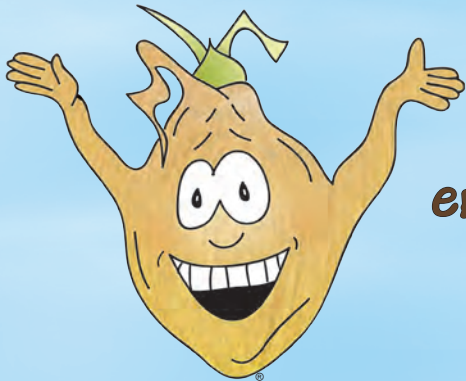




peaceful

worried





enthusiastic

wounded





healed