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The latest Tweets from Andrea Harrn (@themoodcards). English Psychotherapist Creator of The Mood Cards talks #psychology #passiveaggressive #emotionalintelligence ...

The Mood Cards - Understand Deep Emotions Explore More ...

The Mood Cards are exactly what they sound like - cards with moods and emotions depicted on them. There are over 40 different ones to pick from and they come neatly packaged in a

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box with a helpful guide included. They are simple and easy to understand.

The Mood Cards

They have a face with a mood expressed on one side, and some questions on the other side. There are 2 packs of cards of available. one is around mood swings and depression. The other goes deeper a, and explores painful repressed emotions causing psychological distress.

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A) Moods are always brought about by a specific event. B) Moods last for a very short period of time, such as a few seconds. C) As compared to emotions, moods are more likely to be clearly revealed by facial expressions. D) Moods are more fleeting than emotions.

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