

How are you feeling?

Circle how you are feeling right now after the Dementia Live Experience. You may be feeling more than one emotion.
There is space to add different emotions, if you experienced them.

 Angry	 Annoyed	 Anxious
 Bored	 Confused	 Depressed
 Determined	 Foolish	 Frustrated
 Inadequate	 Irritated	 Lonely
 Lost	 Miserable	 Overwhelmed
 Scared	 Silly	 Tense
 Terrified	 Worried	 Worthless

There is space for you to add how you are feeling now...
