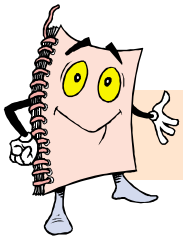
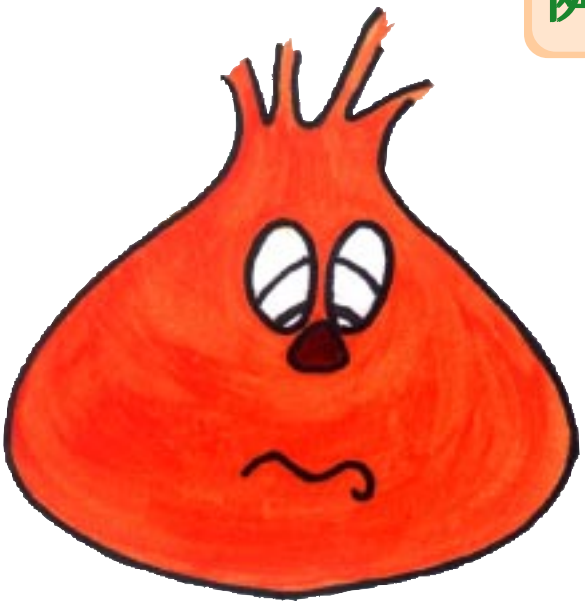


情緒卡

無助

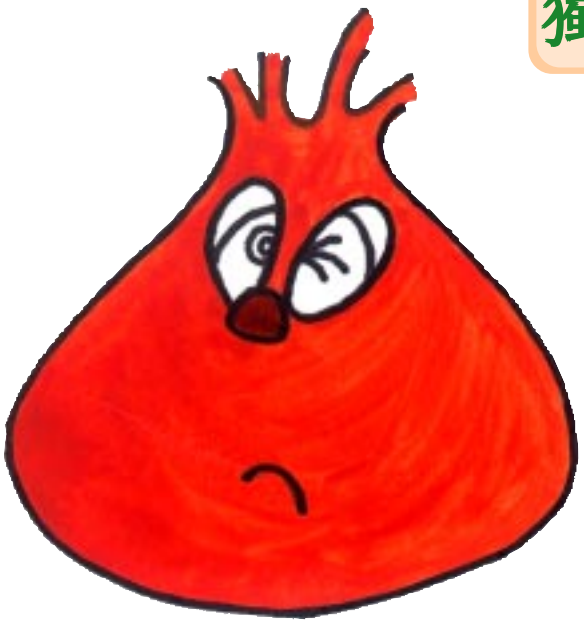
受傷害

自憐



羞恥

孤獨

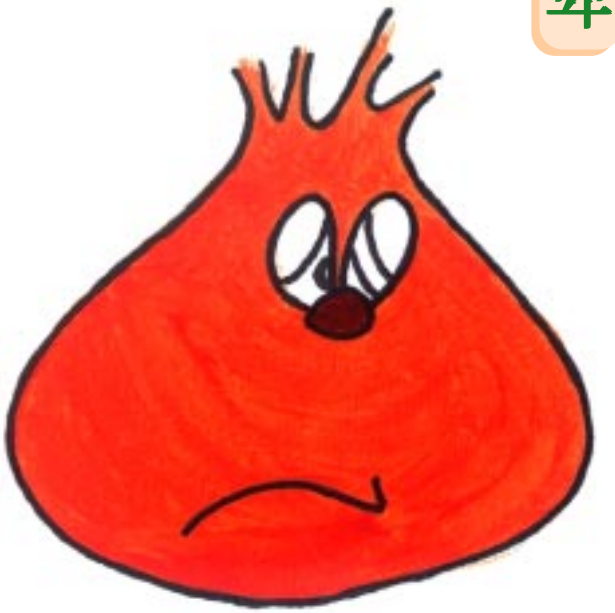


迷惘

恐懼

焦慮

自卑



憤怒

悲傷

尷尬