

Feelings Chart

absent-minded	difficult	hurt	misunderstood	quiet	thankful
accepted	dirty	impatient	mixed up	reflective	thoughtful
afraid	disappointed	imperfect	moody	regretful	torn
agitated	disillusioned	inadequate	motivated	relaxed	troubled
alone	disorganized	indecisive	naive	relieved	ugly
appreciative	eager	indifferent	needy	reluctant	unaccepted
aware	embarrassed	innovative	neglected	resentful	uncomfortable
belittled	encouraged	inquisitive	nervous	resistant	uplifted
betrayed	enlightened	intense	numb	respected	useless
bold	envious	intimidated	odd	responsible	valued
bummed	excited	jealous	offended	romantic	victimized
burned-out	fatigued	joyful	old	rushed	victorious
calm	forgiven	judged	optimistic	sabotaged	violated
caring	frustrated	jumpy	out of control	saved	wacky
clueless	funny	kind	overloaded	self-conscious	warmhearted
committed	furious	lazy	overwhelmed	self-destructive	weak
cranky	generous	light-hearted	overworked	sinful	weary
crazy	gentle	listened to	paralyzed	special	wishful
curious	grieving	lost	patient	squashed	worse
deceived	grateful	lousy	peevied	stressed	wounded
defensive	guarded	loved	perplexed	strong	wrong
delicate	healthy	mad	pessimistic	supported	yearning
depressed	heartbroken	manipulated	powerless	suspicious	young
determined	helpless	mischievous	productive	tearful	zealous

Acknowledging your fun and not-so-fun feelings is a positive step toward accepting and taking care of yourself.

Skim the list above and check several words that describe how you're feeling at the moment.