

# FEELINGS CHART

How do I feel in this moment?

|   |   |   |   |  |   |   |
|---|---|---|---|--|---|---|
|    |    |    |    |    |    |    |
| Alert   | Anxious   | Angry   | Afraid  | Ashamed  | Bashful   | Bored   |
|    |    |    |    |    |    |    |
| Blissful  | Calm  | Cautious  | Confused  | Cold   | Curious   | Disappointed  |
|    |    |    |    |    |    |    |
| Determined  | Embarrassed   | Excited   | Envious   | Exhausted  | Enraged   | Flat  |
|  |  |  |  |  |  |  |
| Funny   | Grateful  | Happy   | Hot   | Humble   | Interested  | Lonely  |
|  |  |  |  |  |  |  |
| Lovestruck  | Moody   | Nervous   | Numb  | Optimistic   | Overwhelmed   | Paranoid  |
|  |  |  |  |  |  |  |
| Playful   | Raw   | Relaxed   | Safe  | Separate   | Surprised   | Tense   |
|  |  |  |  |  |  |  |
| Terrific  | Trapped   | Undecided   | Uneasy  | Validated  | Weepy   | Withdrawn   |