

Identify Your Feelings

Positive/Pleasant Feelings

<u>OPEN</u>	<u>HAPPY</u>	<u>ALIVE</u>	<u>GOOD</u>	<u>LOVE</u>	<u>INTERESTED</u>	<u>POSITIVE</u>
understanding	great	playful	calm	loving	concerned	eager
confident	joyous	courageous	peaceful	considerate	fascinated	anxious
reliable	fortunate	energetic	blessed	affectionate	intrigued	inspired
amazed	delighted	liberated	comfortable	sensitive	absorbed	determined
free	thankful	optimistic	pleased	tender	inquisitive	excited
sympathetic	important	impulsive	encouraged	devoted	nosy	bold
interested	festive	free	surprised	attracted	curious	brave
satisfied	satisfied	frisky	content	passionate	unique	daring
receptive	cheerful	animated	certain	touched	free & easy	confident
accepting	ecstatic	wonderful	relaxed	close	vulnerable	hopeful
kind	cheerful	thrilled	serene	loved		challenged
free	sure	strong	reassured	comforted		powerful

Difficult/Unpleasant Feelings

<u>ANGRY</u>	<u>DEPRESSED</u>	<u>CONFUSED</u>	<u>HELPLESS</u>	<u>AFRAID</u>	<u>HURT</u>	<u>SAD</u>
irritated	lousy	upset	incapable	fearful	crushed	miserable
enraged	disappointed	doubtful	alone	terrified	tormented	sorrowful
hostile	discouraged	indecisive	paralyzed	suspicious	deprived	grief-stricken
annoyed	ashamed	perplexed	fatigued	anxious	pained	anguish
upset	powerless	embarrassed	useless	alarmed	tortured	torn
hateful	guilty	hesitant	inferior	panic	dejected	desolate
unpleasant	dissatisfied	shy	vulnerable	nervous	rejected	conflicted
bitter	miserable	disillusioned	empty	scared	injured	desperate
aggressive	detestable	unbelieving	forced	worried	offended	unhappy
resentful	disgusting	skeptical	frustrated	frightened	aching	lonely
inflamed	terrible	distrustful;	distressed	timid	victimized	grieved
provoked	sulky	lost	pathetic	shaky	heartbroken	mournful
infuriated	bad	unsure	dominated	restless	appalled	blue
cross	sense of loss	uneasy	weary	doubtful	humiliated	inconsolable
indignant		pessimistic	cold	threatened	wronged	gloomy
agitated		tense	lifeless	wary	alienated	down

Journaling Your Feelings

I feel _____ because:

What's the truth?

Prayer:

I feel _____ because:

What's the truth?

Prayer:

I feel _____ because:

What's the truth?

Prayer:

I feel _____ because:

What's the truth?

Prayer: