

Some Feelings

JOY AND CONTENTMENT

Affectionate	Grateful
Calm	Relaxed
Confident	Relieved
Delighted	Satisfied
Eager	Touched

Fear & Anxiety

Cautious
Confused
Impatient
Overwhelmed
Reluctant
Worried

Anger & Frustration

Agitated
Annoyed
Impatient
Irritated
Resentful
Upset

Sadness & Grief

Disappointed
Discouraged
Exhausted
Helpless
Lonely
Troubled