

I feel ...

Excited Grateful Confident Proud Hurt
Uncertain Sad Playful Envious Daring
Surprised Hopeless Disappointed Confused
Tired Fearful Powerless Outraged Optimistic
Anxious Exhausted Angry Content Insecure
Appreciative Bitter Loved Suspicious Lonely
Satisfied Bored Betrayed Upset Free Embarrassed
Ashamed Happy Calm Pessimistic Distressed
Critical Resentful Hopeful Scared
Overwhelmed Judged