

IDENTIFY YOUR FEELINGS

Happy	Sad	Angry	Other feelings
Calm	Ashamed	Annoyed	Afraid
Cheerful	Awful	Bugged	Anxious
Confident	Disappointed	Destructive	Bored
Content	Discouraged	Disgusted	Confused
Delighted	Gloomy	Frustrated	Curious
Excited	Hurt	Fuming	Embarrassed
Glad	Lonely	Furious	Jealous
Loved	Miserable	Grumpy	Moody
Proud	Sorry	Irritated	Responsible
Relaxed	Unhappy	Mad	Scared
Satisfied	Unloved	Mean	Shy
Silly	Withdrawn	Violent	Uncomfortable
Terrific			Worried
Thankful			
Tickled			