

FEELINGS CHART

HAPPY AND POSITIVE

HAPPY CALM RELAXED
 PROUD CONFIDENT HOPEFUL EXCITED
 MOTIVATED CONTENT GRATEFUL

SAD AND LOW

SAD LOW DISAPPOINTED
 LONELY HOPELESS EMPTY
 HURT TEARFUL MISERABLE REJECTED

ANGRY AND FRUSTRATED

ANGRY ANNOYED FRUSTRATED IRRITATED
 CROSS FED UP RESENTFUL BITTER
 FURIOUS JEALOUS AGGRESSIVE

ANXIOUS AND WORRIED

ANXIOUS NERVOUS WORRIED STRESSED
 OVERWHELMED PANICKY TENSE ON EDGE
 FEARFUL PRESSURED

CONFUSED AND UNSURE

CONFUSED UNSURE MIXED UP DOUBTFUL
 LOST UNCERTAIN INDECISIVE STUCK
 UNFOCUSED OVERLOADED SWAMPED FRAZZLED
 FROZEN STALLED TANGLED AVOIDING

TIRED AND SHUT DOWN

TIRED EXHAUSTED DRAINED BURNT OUT
 NUMB SHUT DOWN DISCONNECTED UNMOTIVATED

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