

Feelings Chart

Name: _____ Date: _____

Positive Emotions

Happy	Love	Hopeful	Grateful	Surprised
Joy	Affection	Optimistic	Appreciative	Amazed
Content	Fondness	Confident	Thankful	Astonished
Delight	Care	Expectant	Blessed	Wonderstruck
Cheerful	Tenderness	Enthusiastic	Fortunate	Astounded
Blissful	Attachment	Aspiring	Lucky	Flabbergasted
Ecstatic	Connection	Ambitious	Honored	Stunned
Elated	Intimacy			

Excited	Amused	Pride	Contentment
Enthusiastic	Humorous	Self-satisfied	Satisfied
Eager	Funny	Proud	Fulfilled
Thrilled	Witty	Accomplished	At ease
Elated	Clever	Successful	Peaceful
Energized	Charming	Victorious	Tranquil
Charged	Entertaining	Triumphant	Serene

Negative Emotions

Sad	Angry	Scared	Disgusted
Unhappy	Mad	Afraid	Repulsed
Sorrowful	Furious	Terrified	Nauseated
Grief-stricken	Wrathful	Fearful	Sickened
Despondent	Enraged	Panicky	Offended
Despairing	Infuriated	Apprehensive	Appalled
Miserable	Irate	Nervous	Revolted

Guilty	Jealous	Frustrated	Confused
Shameful	Envious	Irritated	Perplexed
Regretful	Covetous	Annoyed	Bewildered
Remorseful	Resentful	Exasperated	Puzzled
Apologetic	Bitter	Impatient	Baffled
Repentant	Spiteful	Angry	Lost
Contrite	Vindictive	Mad	At a loss

Other Emotions

Apathy	Loneliness	Hopelessness
Indifference	Isolation	Despair
Unconcern	Aloneness	Dejection
Detachment	Forsaken	Discouragement
Apathy	Abandoned	Defeatism
Listlessness	Friendless	Pessimism
Boredom	Unloved	Helplessness
Stress	Boredom	Numbness
Pressure	Lack of interest	Insensitivity
Tension	Tediousness	Detachment
Strain	Dullness	Unfeeling
Anxiety	Monotony	Unemotional
Worry	Dreariness	Apathetic
Nervousness	Weariness	

Instructions:

Look at the chart and see if you can identify the emotion you are feeling.

You can add or remove emotions as needed. Write down your physical signs and behavioral signs for each emotion.

It's important to use it as a starting point for self-reflection and to facilitate open and honest communication about your feelings.

Feelings	Physical Signs	Behavioral Signs

Feelings	Physical Signs	Behavioral Signs

Notes: