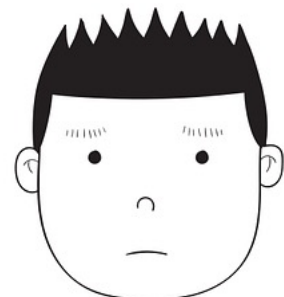
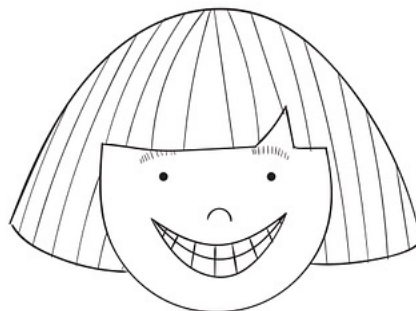
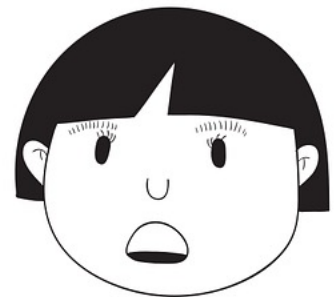
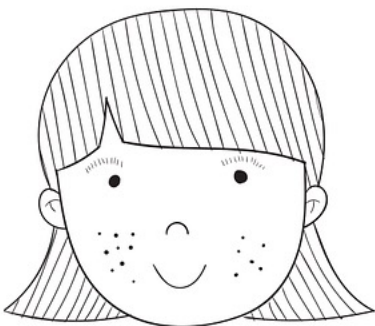
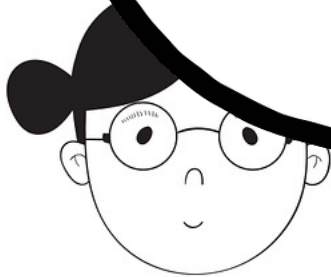
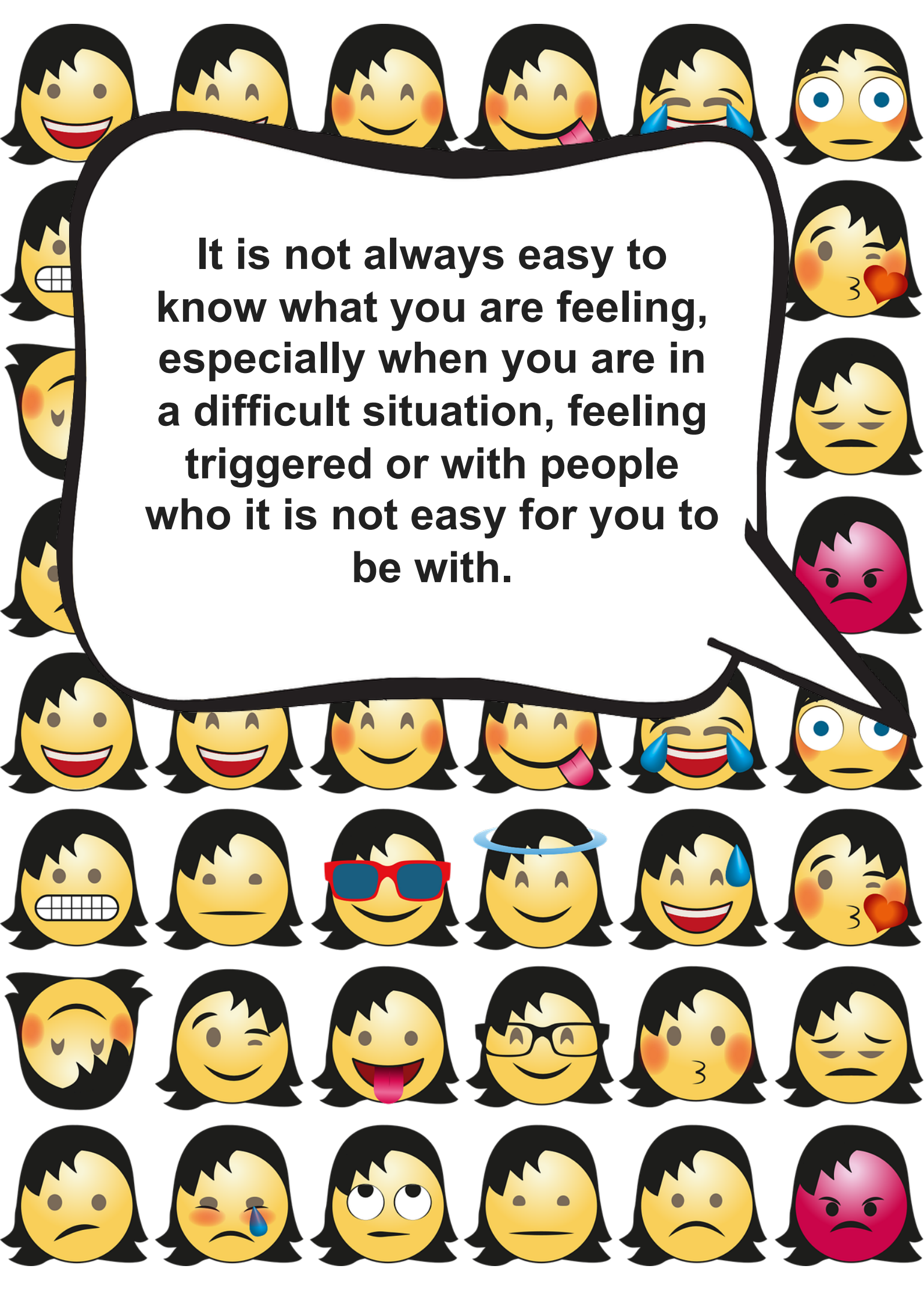
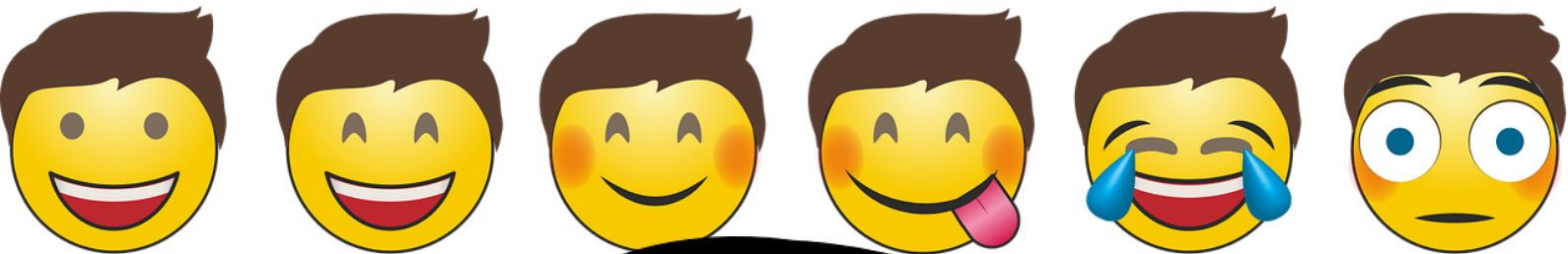


HOW ARE YOU FEELING?

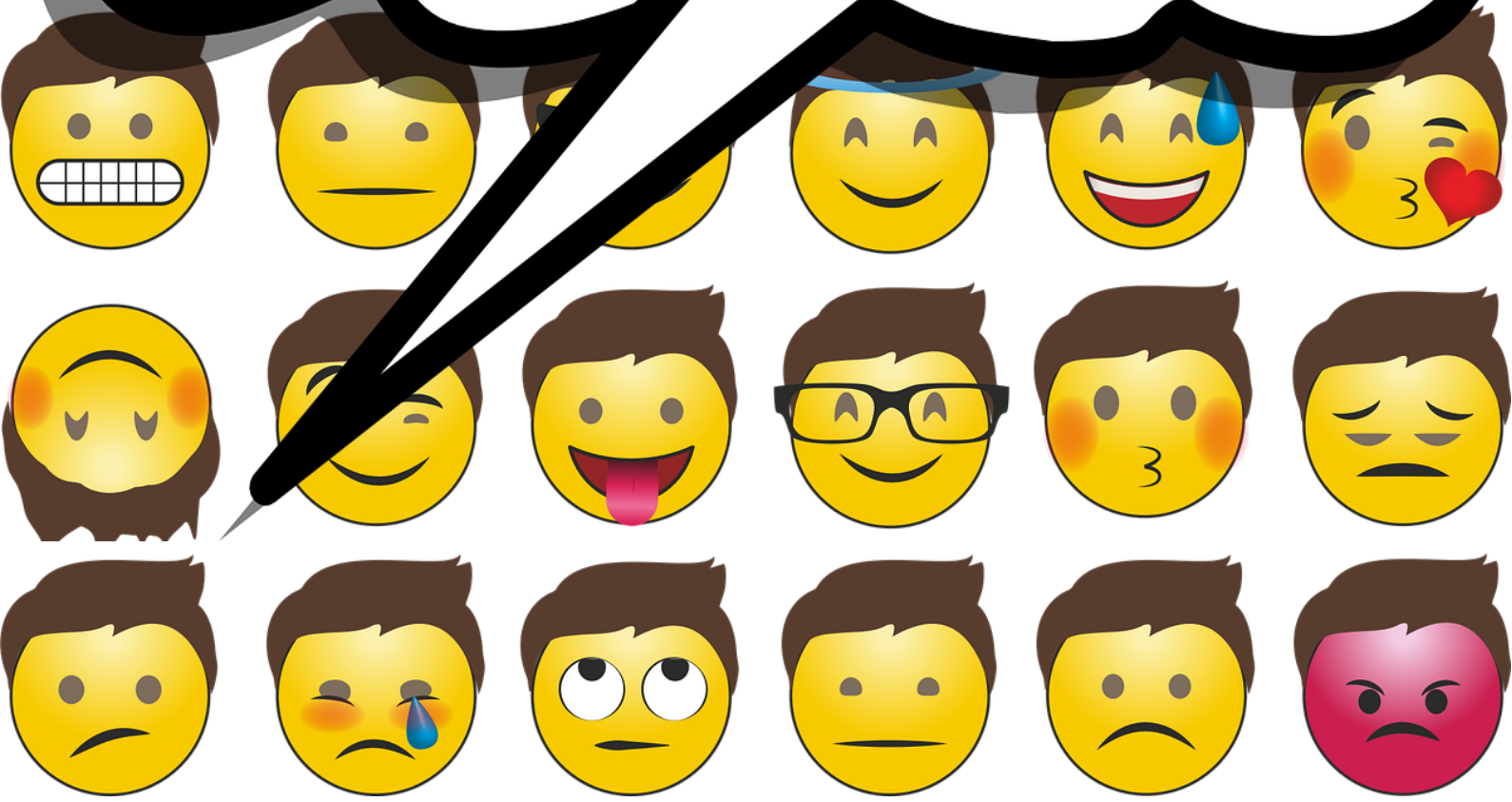


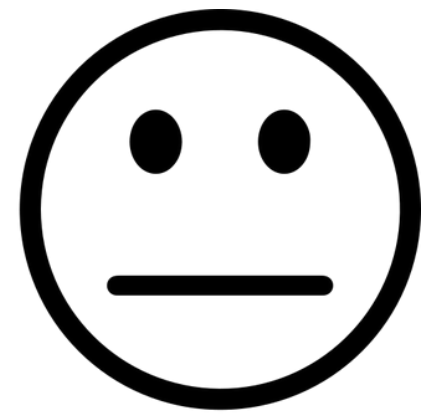
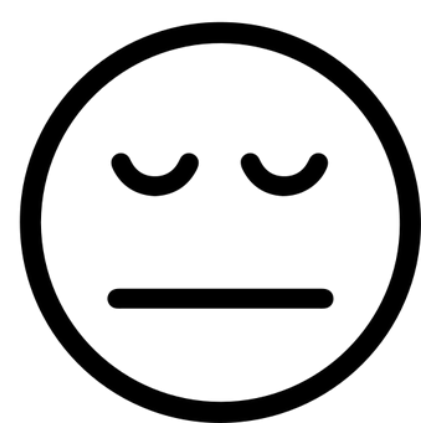
A grid of various emojis surrounds a central text box. The emojis include expressions of happiness, sadness, anger, surprise, and various other emotions. The text box is white with a black border and contains the following text:

It is not always easy to know what you are feeling, especially when you are in a difficult situation, feeling triggered or with people who it is not easy for you to be with.

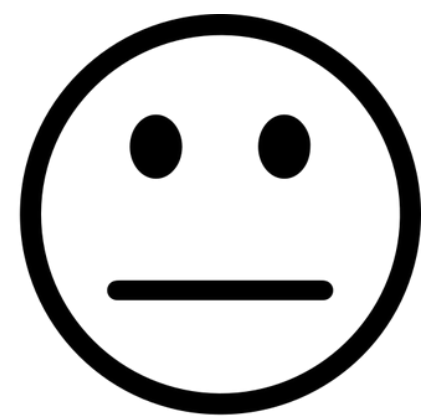
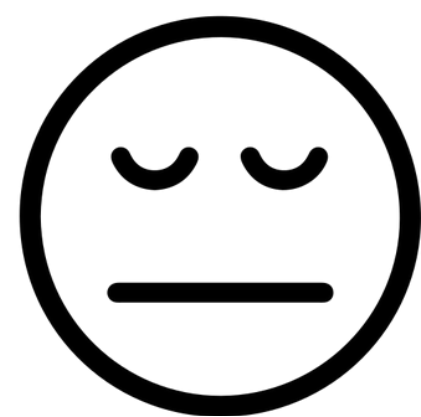


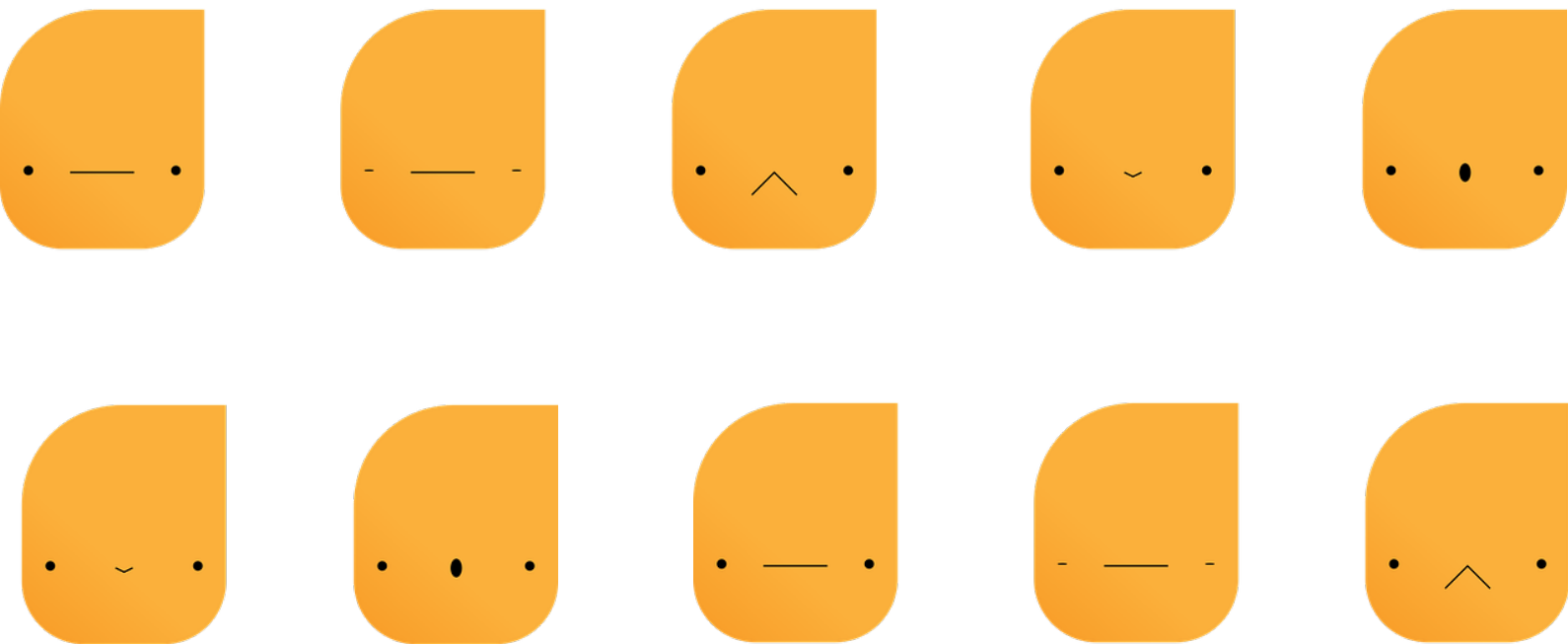
Feelings can be confused and confusing because you can have more than one feeling at a time; and you can have conflicting feelings, like happiness and anxiety, fear and desire, hope and sadness.



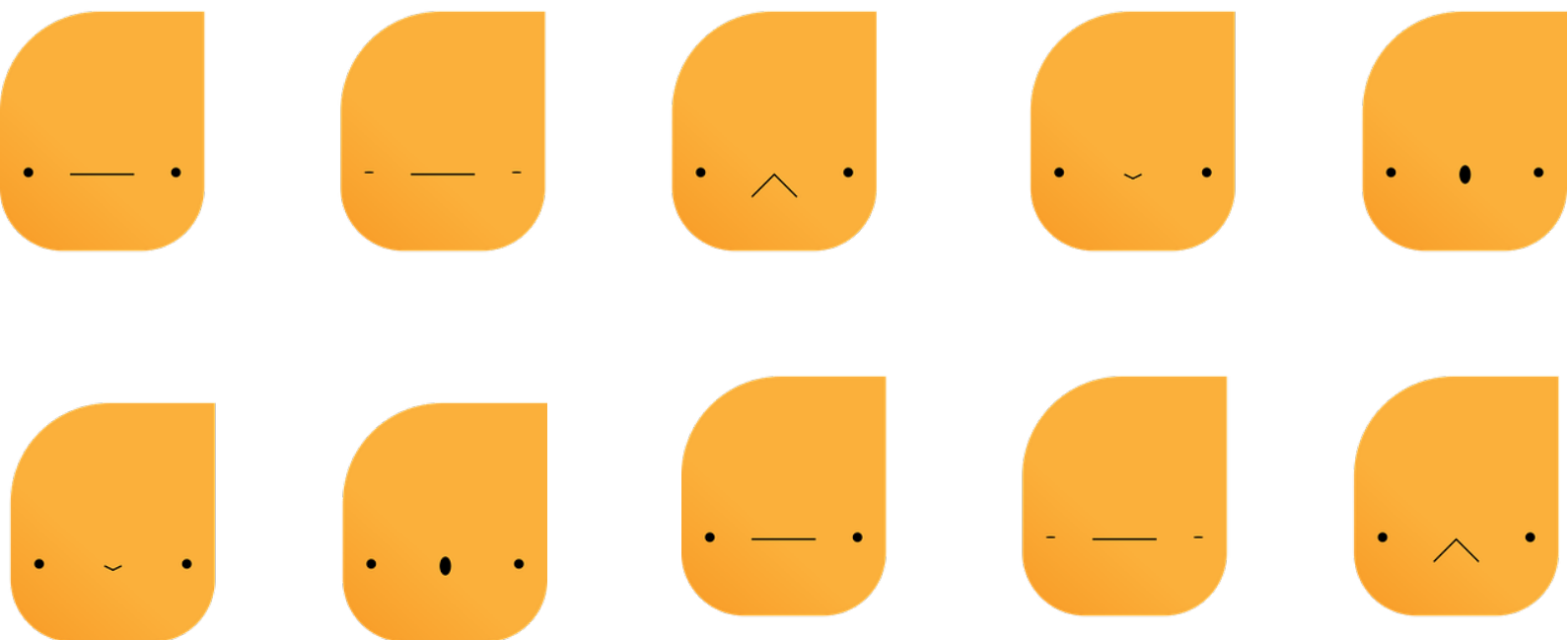


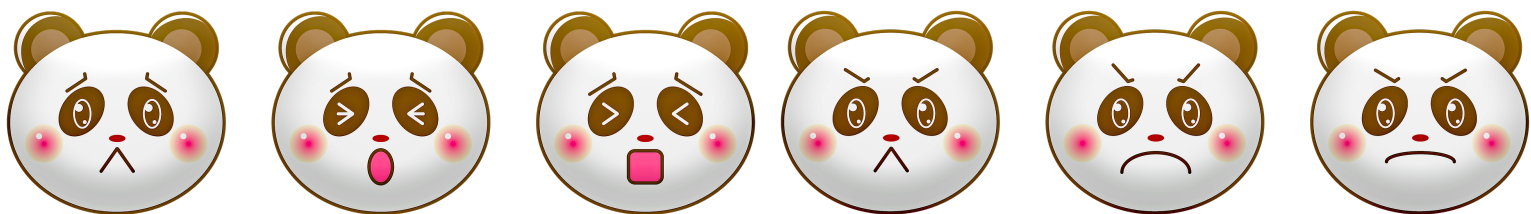
**Sometimes
feelings
are
all a
jumble.**





**Use the
Positive Feelings Chart
&
Negative Feelings Chart
to identify
your feelings.**

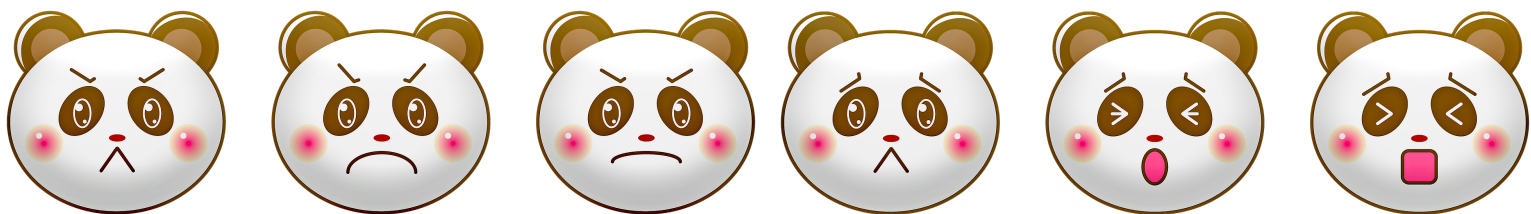




Negative feelings are feelings such as sadness, anxiety, fear, anger, jealousy and hatred. They are called negative by psychologists not because they are bad or should not be felt, but because they are feelings that we generally do not want or seek. It is important to feel all your feelings, including the negative ones.

You can print the Negative Feelings Chart and put a check on the feelings you are feeling.

Remember: Feelings are not to be judged. Actions are not the same thing as feelings.



Negative Feelings Chart

- | | | | | |
|--|---|---|--|--|
| <input type="checkbox"/> Sad | <input type="checkbox"/> Anxious | <input type="checkbox"/> Angry | <input type="checkbox"/> Fearful | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Cranky | <input type="checkbox"/> Enraged | <input type="checkbox"/> Afraid | <input type="checkbox"/> Fatigued |
| <input type="checkbox"/> Dejected | <input type="checkbox"/> Distressed | <input type="checkbox"/> Furious | <input type="checkbox"/> Apprehensive | <input type="checkbox"/> Burnt Out |
| <input type="checkbox"/> Despair | <input type="checkbox"/> Distraught | <input type="checkbox"/> Incensed | <input type="checkbox"/> Distrustful | <input type="checkbox"/> Depleted |
| <input type="checkbox"/> Despondent | <input type="checkbox"/> Edgy | <input type="checkbox"/> Indignant | <input type="checkbox"/> Dread | <input type="checkbox"/> Exhausted |
| <input type="checkbox"/> Disappointed | <input type="checkbox"/> Fidgety | <input type="checkbox"/> Irate | <input type="checkbox"/> Foreboding | <input type="checkbox"/> Lethargic |
| <input type="checkbox"/> Discouraged | <input type="checkbox"/> Frazzled | <input type="checkbox"/> Livid | <input type="checkbox"/> Frightened | <input type="checkbox"/> Listless |
| <input type="checkbox"/> Disheartened | <input type="checkbox"/> Irritable | <input type="checkbox"/> Mad | <input type="checkbox"/> Mistrustful | <input type="checkbox"/> Sleepy |
| <input type="checkbox"/> Forlorn | <input type="checkbox"/> Jittery | <input type="checkbox"/> Outraged | <input type="checkbox"/> Panicked | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Gloomy | <input type="checkbox"/> Nervous | <input type="checkbox"/> Resentful | <input type="checkbox"/> Petrified | <input type="checkbox"/> Weary |
| <input type="checkbox"/> Heavy | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Hate | <input type="checkbox"/> Scared | <input type="checkbox"/> Worn Out |
| <input type="checkbox"/> Hearted | <input type="checkbox"/> Restless | <input type="checkbox"/> Aversion | <input type="checkbox"/> Suspicious | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Stressed | <input type="checkbox"/> Animosity | <input type="checkbox"/> Terrified | <input type="checkbox"/> Ambivalent |
| <input type="checkbox"/> Melancholy | <input type="checkbox"/> Tense | <input type="checkbox"/> Appalled | <input type="checkbox"/> Wary | <input type="checkbox"/> Baffled |
| <input type="checkbox"/> Unhappy | <input type="checkbox"/> Numb | <input type="checkbox"/> Contempt | <input type="checkbox"/> Worried | <input type="checkbox"/> Bewildered |
| <input type="checkbox"/> Wretched | <input type="checkbox"/> Disconnected | <input type="checkbox"/> Disgusted | <input type="checkbox"/> Insecure | <input type="checkbox"/> Dazed |
| <input type="checkbox"/> Upset | <input type="checkbox"/> Alienated | <input type="checkbox"/> Dislike | <input type="checkbox"/> Fragile | <input type="checkbox"/> Hesitant |
| <input type="checkbox"/> Disquiet | <input type="checkbox"/> Aloof | <input type="checkbox"/> Horrified | <input type="checkbox"/> Guarded | <input type="checkbox"/> Lost |
| <input type="checkbox"/> Agitated | <input type="checkbox"/> Apathetic | <input type="checkbox"/> Hostile | <input type="checkbox"/> Helpless | <input type="checkbox"/> Mystified |
| <input type="checkbox"/> Alarmed | <input type="checkbox"/> Bored | <input type="checkbox"/> Repulsed | <input type="checkbox"/> Leery | <input type="checkbox"/> Perplexed |
| <input type="checkbox"/> Disconcerted | <input type="checkbox"/> Cold | <input type="checkbox"/> Annoyed | <input type="checkbox"/> Reserved | <input type="checkbox"/> Puzzled |
| <input type="checkbox"/> Disturbed | <input type="checkbox"/> Detached | <input type="checkbox"/> Aggravated | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Torn |
| <input type="checkbox"/> Perturbed | <input type="checkbox"/> Distant | <input type="checkbox"/> Dismayed | <input type="checkbox"/> Shaky | <input type="checkbox"/> Jealous |
| <input type="checkbox"/> Rattled | <input type="checkbox"/> Distracted | <input type="checkbox"/> Disgruntled | <input type="checkbox"/> Shame | <input type="checkbox"/> Yearning |
| <input type="checkbox"/> Restless | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Displeased | <input type="checkbox"/> Ashamed | <input type="checkbox"/> Envious |
| <input type="checkbox"/> Shocked | <input type="checkbox"/> Removed | <input type="checkbox"/> Exasperated | <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Longing |
| <input type="checkbox"/> Startled | <input type="checkbox"/> Uninterested | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Chagrined | <input type="checkbox"/> Nostalgic |
| <input type="checkbox"/> Surprised | <input type="checkbox"/> Withdrawn | <input type="checkbox"/> Impatient | <input type="checkbox"/> Flustered | <input type="checkbox"/> Pining |
| <input type="checkbox"/> Troubled | | <input type="checkbox"/> Irritated | <input type="checkbox"/> Guilty | <input type="checkbox"/> Wistful |
| <input type="checkbox"/> Turbulent | | <input type="checkbox"/> Irked | <input type="checkbox"/> Mortified | |
| <input type="checkbox"/> Turmoil | | | <input type="checkbox"/> Self-Conscious | |
| <input type="checkbox"/> Uncomfortable | | | | |
| <input type="checkbox"/> Uneasy | | | | |
| <input type="checkbox"/> Unnerved | | | | |
| <input type="checkbox"/> Unsettled | | | | |

Other feelings and thoughts:



Positive feelings are feelings such as happiness, joy, tranquility, curiosity, and contentment. They are called positive by psychologists because they are feelings we generally want to be feeling and want our loved ones to feel.

You can print the Positive Feelings Chart and put a check on the feelings you are feeling.

Remember: Feelings are not to be judged. Actions are not the same thing as feelings.



Positive Feelings Chart

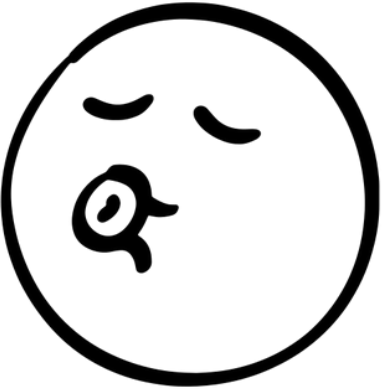
- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Loving | <input type="checkbox"/> Confident | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Affectionate | <input type="checkbox"/> Empowered | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Amused | <input type="checkbox"/> Compassionate | <input type="checkbox"/> Open | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Delighted | <input type="checkbox"/> Friendly | <input type="checkbox"/> Proud | <input type="checkbox"/> Clear-Headed |
| <input type="checkbox"/> Glad | <input type="checkbox"/> Open-Hearted | <input type="checkbox"/> Safe | <input type="checkbox"/> Comfortable |
| <input type="checkbox"/> Jubilant | <input type="checkbox"/> Sympathetic | <input type="checkbox"/> Secure | <input type="checkbox"/> Centered |
| <input type="checkbox"/> Pleased | <input type="checkbox"/> Tender | | <input type="checkbox"/> Content |
| <input type="checkbox"/> Tickled | <input type="checkbox"/> Warm | <input type="checkbox"/> Hopeful | <input type="checkbox"/> Equanimous |
| | | <input type="checkbox"/> Expectant | <input type="checkbox"/> Fulfilled |
| <input type="checkbox"/> Blissful | <input type="checkbox"/> Passionate | <input type="checkbox"/> Encouraged | <input type="checkbox"/> Mellow |
| <input type="checkbox"/> Exhilarated | <input type="checkbox"/> Excited | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Quiet |
| <input type="checkbox"/> Ecstatic | <input type="checkbox"/> Amazed | | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Elated | <input type="checkbox"/> Animated | <input type="checkbox"/> Grateful | <input type="checkbox"/> Relieved |
| <input type="checkbox"/> Enthralled | <input type="checkbox"/> Ardent | <input type="checkbox"/> Appreciative | <input type="checkbox"/> Satisfied |
| <input type="checkbox"/> Exuberant | <input type="checkbox"/> Aroused | <input type="checkbox"/> Moved | <input type="checkbox"/> Serene |
| <input type="checkbox"/> Radiant | <input type="checkbox"/> Astonished | <input type="checkbox"/> Thankful | <input type="checkbox"/> Still |
| <input type="checkbox"/> Rapturous | <input type="checkbox"/> Dazzled | <input type="checkbox"/> Touched | <input type="checkbox"/> Tranquil |
| <input type="checkbox"/> Trilled | <input type="checkbox"/> Eager | | |
| | <input type="checkbox"/> Energetic | <input type="checkbox"/> Awe | <input type="checkbox"/> Refreshed |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Inspired | <input type="checkbox"/> Enlivened |
| <input type="checkbox"/> Engaged | <input type="checkbox"/> Giddy | <input type="checkbox"/> Amazed | <input type="checkbox"/> Rejuvenated |
| <input type="checkbox"/> Absorbed | <input type="checkbox"/> Invigorated | <input type="checkbox"/> Wonder | <input type="checkbox"/> Renewed |
| <input type="checkbox"/> Alert | <input type="checkbox"/> Lively | | <input type="checkbox"/> Rested |
| <input type="checkbox"/> Engrossed | <input type="checkbox"/> Surprised | | <input type="checkbox"/> Restored |
| <input type="checkbox"/> Enchanted | <input type="checkbox"/> Vibrant | | <input type="checkbox"/> Revived |
| <input type="checkbox"/> Entranced | | | |
| <input type="checkbox"/> Fascinated | | | |
| <input type="checkbox"/> Interested | | | |
| <input type="checkbox"/> Intrigued | | | |
| <input type="checkbox"/> Involved | | | |
| <input type="checkbox"/> Spellbound | | | |
| <input type="checkbox"/> Stimulated | | | |

Other feelings and thoughts:

Three signs that your feelings matter:

- You pay attention to your feelings.
- You value your feelings when you talk about them.
- You feel valued and heard by others when you talk about your feelings.





Your Feelings Matter.

