

## Feelings Chart

This is a sample of some of the most common feelings to help you get started noticing and identifying what's going on inside of you.

### Happy:

- Relaxed
- Grateful
- Enthusiastic
- Optimistic
- Peaceful
- Hopeful

### Angry:

- Annoyed
- Fuming
- Disgusted
- Frustrated
- Mad
- Rebellious

### Sad:

- Disappointed
- Miserable
- Hurt
- Unappreciated
- Empty
- Lonely

### Scared:

- Insecure
- Anxious
- Overwhelmed
- Tense
- Panicked
- Intimidated

