



# Feelings CHECKLIST

Check the box of each feeling that you experience more than 3 times per week on average.

## NEGATIVE

- afraid
- alone
- angry
- anxious
- bitter
- confused
- controlled
- defeated
- depleted
- depressed
- embarrassed
- hurt
- inadequate
- indifferent
- oppressed
- panicked
- sad
- uncomfortable
- victimized
- vulnerable
- weak

## POSITIVE

- accepted
- accomplished
- admired
- appreciated
- competent
- confident
- connected
- encouraged
- esteemed
- happy
- honored
- important
- loved
- optimistic
- pampered
- relaxed
- rested
- satisfied
- strong
- thankful
- trusted

Which feelings do you have more of?      NEGATIVE      POSITIVE

Which feeling overwhelms you the most?

What can you do to manage that feeling and get it under control?