

Feelings List Page 1

Intensity of Feelings	AFRAID	WEAK	STRONG	GUILTY
HIGH	Terrified	Helpless	Powerful	Sorrowful
	Horrified	Hopeless	Aggressive	Remorseful
	Scared Stiff	Beat	Gung Ho	Ashamed
	Petrified	Overwhelmed	Potent	Unworthy
	Fearful	Impotent	Super	Worthless
	Panicky	Small	Forceful	
		Exhausted	Proud	
	Drained	Determined		
MEDIUM	Scared	Dependent	Energetic	Sorry
	Frightened	Incapable	Capable	Lowdown
	Threatened	Lifeless	Confident	Sneaky
	Insecure	Tired	Persuasive	
	Uneasy	Rundown	Sure	
	Shocked	Lazy		
		Insecure		
	Shy			
MILD	Apprehensive	Unsatisfied	Secure	Embarrassed
	Nervous	Under Par	Durable	
	Worried	Shaky	Adequate	
	Timid	Unsure	Able	
	Unsure	Soft	Capable	
	Anxious	Lethargic		
		Inadequate		

Feelings List Page 2

Intensity of Feelings	HAPPY	SAD	ANGRY	CONFUSED
HIGH	Elated	Depressed	Furious	Bewildered
	Excited	Disappointed	Enraged	Trapped
	Overjoyed	Alone	Outraged	Troubled
	Thrilled	Hurt	Aggravated	Desperate
	Exuberant	Left Out	Irate	Lost
	Ecstatic	Dejected	Seething	
	Fired Up	Hopeless		
	Delighted	Sorrowful		
	Crushed			
MEDIUM	Cheerful	Heartbroken	Upset	Disorganized
	Up	Down	Mad	Foggy
	Good	Upset	Annoyed	Misplaced
	Relieved	Distressed	Frustrated	Disoriented
	Satisfied	Regret	Agitated	Mixed Up
	Content		Hot	
			Disgusted	
MILD	Glad	Unhappy	Perturbed	Unsure
	Content	Moody	Uptight	Puzzled
	Satisfied	Blue	Dismayed	Bothered
	Pleasant	Sorry	Put Out	Uncomfortable
	Fine	Lost	Irritated	Undecided
	Mellow	Bad	Touchy	Baffled
	Pleased	Dissatisfied		Perplexed

Top Three Feelings

On a daily basis what are your three most common feelings?

1.

2.

3.

Why do you think you have these feelings on a daily basis?

What do you think this says about you and your life?

Are you content with these feelings on a regular basis? Yes or no? _____

What would need to happen for you to change these feelings?

What would you like your top three feelings to be?

1.

2.

3.

How do you believe your life would be different if you lived from the feelings you want instead of the feelings you have?
