

Negative Feelings Chart

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|--|---|---|--|--|
| <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 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: