How Are You Feeling?
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

☐ Sad
☐ Depressed
☐ Dejected
☐ Despair
☐ Despondent
☐ Disappointed
☐ Discouraged
☐ Disheartened
☐ Forlorn
☐ Gloomy
☐ Heavy
☐ Hearted
☐ Hopeless
☐ Melancholy
☐ Unhappy
☐ Wretched
☐ Jealous
☐ Yearning
☐ Envious
☐ Longing
☐ Nostalgic
☐ Pining
☐ Wistful

☐ Angry
☐ Enraged
☐ Furious
☐ Incensed
☐ Indignant
☐ Irate
☐ Livid
☐ Mad
☐ Outraged
☐ Resentful

☐ Hate
☐ Aversion
☐ Animosity
☐ Appalled
☐ Contempt
☐ Disgusted
☐ Dislike
☐ Horrified
☐ Hostile
☐ Repulsed

☐ Annoyed
☐ Aggravated
☐ Dismayed
☐ Grateful
☐ Disgruntled
☐ Displeased
☐ Exasperated
☐ Frustrated
☐ Impatient
☐ Irritated
☐ Irked

☐ Fearful
☐ Afraid
☐ Apprehensive
☐ Distrustful
☐ Dread
☐ Foreboding
☐ Frightened
☐ Mistrustful
☐ Panicked
☐ Petrified
☐ Scared
☐ Suspicious
☐ Terrified
☐ Wary
☐ Worried

☐ Insecure
☐ Fragile
☐ Guarded
☐ Helpless
☐ Leery
☐ Reserved
☐ Sensitive
☐ Shaky

☐ Anxious
☐ Cranky
☐ Distressed
☐ Distraught
☐ Edgy
☐ Fidgety
☐ Frazzled
☐ Irritable
☐ Jittery
☐ Nervous
☐ Overwhelmed
☐ Restless
☐ Stressed
☐ Tense

☐ Numb
☐ Disconnected
☐ Alienated
☐ Aloof
☐ Apathetic
☐ Bored
☐ Cold
☐ Detached
☐ Distant
☐ Distracted
☐ Indifferent
☐ Removed
☐ Uninterested
☐ Withdrawn

☐ Tired
☐ Fatigued
☐ Burnt Out
☐ Depleted
☐ Exhausted
☐ Lethargic
☐ Listless
☐ Sleepy
☐ Tired
☐ Weary
☐ Worn Out

☐ Confused
☐ Ambivalent
☐ Baffled
☐ Bewildered
☐ Dazed
☐ Hesitant
☐ Lost
☐ Mystified
☐ Perplexed
☐ Puzzled
☐ Torn

☐ Jealous
☐ Yearning
☐ Envious
☐ Longing
☐ Nostalgic
☐ Pining
☐ Wistful

☐ Upset
☐ Disquiet
☐ Agitated
☐ Alarmed
☐ Disconcerted
☐ Disturbed
☐ Perturbed
☐ Rattled
☐ Restless
☐ Shocked
☐ Startled
☐ Surprised
☐ Troubled
☐ Turbulent
☐ Turmoil
☐ Uncomfortable
☐ Uneasy
☐ Unnerved
☐ Unsettled

☐ Insecure
☐ Fragile
☐ Guarded
☐ Helpless
☐ Leery
☐ Reserved
☐ Sensitive
☐ Shaky

☐ Shame
☐ Ashamed
☐ Embarrassed
☐ Chagrined
☐ Flustered
☐ Guilty
☐ Mortified
☐ Self-Conscious

Other feelings and thoughts:

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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.
<table>
<thead>
<tr>
<th>Positive Feelings Chart</th>
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<tbody>
<tr>
<td>Happy</td>
</tr>
<tr>
<td>Joyful</td>
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<tr>
<td>Amused</td>
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<td>Delighted</td>
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<td>Glad</td>
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<tr>
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<tr>
<td>Stimulated</td>
</tr>
</tbody>
</table>

Other feelings and thoughts:

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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.