



Feelings Chart

The process of naming our emotions in the moment of distress can actually help us to calm the activation of the "threat" part of our nervous system. Take a screen shot of this Feelings Chart and try next time you are upset to take a moment and label your feelings. You can do this mentally or even better write them out.

Happy:

- cheerful
- grateful
- playful
- free
- open
- easeful
- thrilled
- ecstatic
- relieved
- satisfied
- glowing
- pleased
- mellow
- pleasant
- tender
- joyful
- happy
- good
- glad
- content
- passionate
- excited
- elated

Sadness:

- miserable
- depressed
- burdened
- drained
- deflated
- defeated
- alone
- lonely
- abandoned
- rejected
- hurt
- exhausted
- dejected
- hopeless
- sorrowful
- discouraged
- disheartened
- rejected
- heartbroken
- somber
- letdown
- disappointed
- dissatisfied

Anger:

- furious
- enraged
- seething
- resentful
- spiteful
- bitter
- betrayed
- mad
- angry
- agitated
- disgusted
- annoyed
- irritated
- touchy
- stuck
- jealous
- envious
- picked-on
- put-down
- judged
- criticized
- blamed

Fear:

- terrified
- horrified
- scared
- petrified
- fearful
- panicky
- frantic
- shocked
- apprehensive
- frightened
- threatened
- insecure
- uneasy
- intimidated
- confused
- cautious
- nervous
- worried
- timid
- unsure
- suspicious
- paranoid

Shame:

- worthless
- disgraced
- mortified
- criticized
- apologetic
- unworthy
- embarrassed
- bashful
- silly
- regretful
- uncomfortable
- pitied
- at-fault
- bad
- responsible
- guilty
- inadequate
- useless
- undesirable
- defective
- flawed
- flustered