

## Self-Assured! Feeling Words

Putting our feelings and emotions into words can be difficult. Being able to identify your feelings in a give moment is a key part of self-awareness. When you are able to clearly identify the way you feel, you can respond and care for yourself appropriately. Below is a list of several feeling words to help you explore your emotional experience.

<b>Agitated</b>	<b>Confused</b>	<b>Grateful</b>	<b>Loving</b>	<b>Safe</b>
<b>Alert</b>	<b>Content</b>	<b>Happy</b>	<b>Mad</b>	<b>Scared</b>
<b>Alienated</b>	<b>Creative</b>	<b>Heartbroken</b>	<b>Miserable</b>	<b>Sensitive</b>
<b>Amazed</b>	<b>Curious</b>	<b>Honored</b>	<b>Motivated</b>	<b>Serene</b>
<b>Angry</b>	<b>Dedicated</b>	<b>Hopeful</b>	<b>Neglected</b>	<b>Shocked</b>
<b>Annoyed</b>	<b>Defensive</b>	<b>Hopeless</b>	<b>Nervous</b>	<b>Stressed</b>
<b>Apathetic</b>	<b>Dejected</b>	<b>Horrificed</b>	<b>Offended</b>	<b>Submissive</b>
<b>Appalled</b>	<b>Disappointed</b>	<b>Humiliated</b>	<b>Optimistic</b>	<b>Sullen</b>
<b>Apprehensive</b>	<b>Distinguished</b>	<b>Inadequate</b>	<b>Ostracized</b>	<b>Thoughtful</b>
<b>Astonished</b>	<b>Eager</b>	<b>Independent</b>	<b>Passive</b>	<b>Threatened</b>
<b>Awed</b>	<b>Embarrassed</b>	<b>Inferior</b>	<b>Peaceful</b>	<b>Tired</b>
<b>Betrayed</b>	<b>Encouraged</b>	<b>Infuriated</b>	<b>Perplexed</b>	<b>Trustful</b>
<b>Bored</b>	<b>Enraged</b>	<b>Insecure</b>	<b>Playful</b>	<b>Uninterested</b>
<b>Calm</b>	<b>Enthusiastic</b>	<b>Inspired</b>	<b>Powerful</b>	<b>Unworthy</b>
<b>Caring</b>	<b>Excited</b>	<b>Intrigued</b>	<b>Productive</b>	<b>Vigilant</b>
<b>Chipper</b>	<b>Fearful</b>	<b>Irate</b>	<b>Proud</b>	<b>Vulnerable</b>
<b>Committed</b>	<b>Focused</b>	<b>Irritated</b>	<b>Rejected</b>	<b>Weak</b>
<b>Compassionate</b>	<b>Fortunate</b>	<b>Joyful</b>	<b>Remorseful</b>	<b>Withdrawn</b>
<b>Concerned</b>	<b>Frustrated</b>	<b>Listless</b>	<b>Resentful</b>	<b>Worried</b>
<b>Confident</b>	<b>Furious</b>	<b>Lonely</b>	<b>Sad</b>	