

# Feelings Discovery Chart

<b>POSITIVE FEELINGS</b>	grateful	encouraged	optimistic	relieved
delighted	ecstatic	overjoyed	happy	floating
gentle rest	satisfied	standing firm	at peace	content
<b>MOTIVATED FEELINGS</b>	driven and determined	self-pity and comparing	risk-taking/ brave	non-stop talking
hopeful	nervous	positive	thrilled	focused
high-energy	enthusiastic	giddy	reignited	excited
Passionate	Self-confident	bewildered	confident	fearful/worried
exhausted	depressed	disappointed	confused	perplexed
skeptical	despairing	curious	creative	disciplined
organized	enlightened	restless	assertive	frozen
overwhelmed	beaten down	indifferent	bored	planning
<b>RELATIONAL FEELINGS</b>	refreshed love	rejoicing in change	secure and protected	desiring to know & listen
connected	comforted	injured	forgiving	angry/furious
deserted	romantic	appreciative	trusting	tenderness
wounded	rejected	owned/slave	annoyed	lonely
isolated/ independent	insecure	inconsiderate	tolerated	not valued
betrayed	unwanted	disconnected	private	ignored
<b>WOUNDED FEELINGS</b>	ridiculed	marginalized not valuable	mocked/ teased	allowed no voice
shamed	dismissed	despised	stupid	ashamed
forgotten	invisible	violated	abandoned	unwanted
rejected	over-looked	let down	distrust	suspicion
put-down	hated	humiliation	exposed	grieved
traumatized	deceived	sadness	unlovable	worthless