

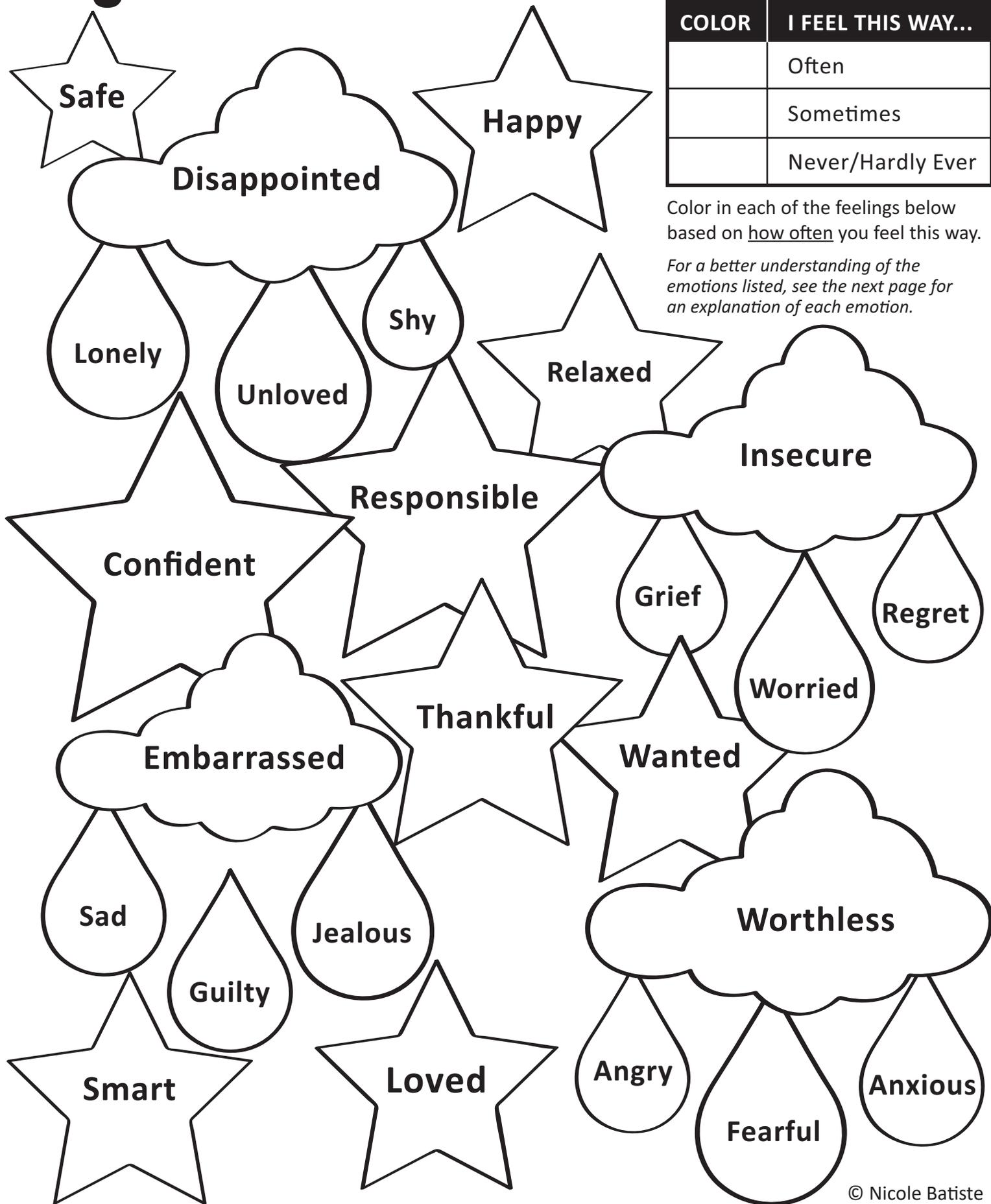
# My FEELINGS

Choose 3 colors to represent: **Often**, **Sometimes**, and **Never/Hardly Ever** and color in the key below.

COLOR	I FEEL THIS WAY...
	Often
	Sometimes
	Never/Hardly Ever

Color in each of the feelings below based on how often you feel this way.

*For a better understanding of the emotions listed, see the next page for an explanation of each emotion.*



# UNDERSTANDING YOUR EMOTIONS

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**Angry:** A feeling of being mad

**Confident:** Feeling good about who you are and liking yourself – flaws and all

**Disappointed:** Feeling sad because you were let down by someone or something

**Embarrassed:** Not feeling comfortable, feeling like people are laughing at you in a mean way

**Fearful:** Always feeling scared

**Grief:** Sadness over losing someone or something you love

**Guilty:** Feeling like you are a bad person because of the things you have said or done

**Happy:** Feeling good about what's going on

**Insecure:** Not feeling good enough, or thinking that others are better than you

**Jealous:** Feeling like you want someone else's life or lifestyle

**Lonely:** A feeling of sadness about being alone or feeling like you have nobody

**Loved:** Feeling cared about by others

**Regret:** Wishing you would have said or done something different – wishing you could take back the past

**Relaxed:** A feeling of calm

**Responsible:** Feeling like you do what is expected for you to do – completing tasks

**Sad:** Feeling unhappy

**Safe:** Feeling like nothing will harm or hurt you

**Shy:** Not feeling comfortable around other people, not wanting to speak or do things with others

**Smart:** Feeling like you can do things well and learn new ideas

**Stupid:** Feeling like you are not smart or can't do anything right

**Thankful:** Happy about the things going on in your life – focusing on the good things in your life

**Wanted:** Feeling loved or cared about by someone else

**Worried:** A feeling of nervousness about what is going to happen

**Worthless:** Not feeling like you mean anything to anyone

**Unloved:** Feeling as if no one loves you