



## How are you Feeling?

Check the emotions below that you experience the most, then number them according to frequency of your experience of them and then answer the questions below.

### List of Emotions

Angry	Bored	Determined	Excited
Annoyed	Comfortable	Disgusted	Frustrated
Anxious	Confused	Embarrassed	Furious
Ashamed	Depressed	Energetic	Grieving
Happy	Irritated	Loving	Overwhelmed
Hopeful	Jealous	Miserable	Peaceful
Hurt	Joy	Motivated	Proud
Insecure	Lonely	Nervous	Relieved
Resentful	Scared	Silly	Trapped
Sad	Self-conscious	Stupid	Uncomfortable
Satisfied	Shocked	Terrified	Worthless

Is anger on your list? \_\_\_\_\_ If yes, what number is it? \_\_\_\_\_