

Getting In Touch With Your EMOTIONS

WELLNESS & COURAGE[®]
COUNSELING SERVICES

SAD



Lonley
Defeated
Upset
Ashamed

Grieving
Hurt
Empty
Lost

HAPPY



Peaceful
Powerful
Content

Playful
Proud
Accepted

SURPRISED



Startled
Confused
Amazed

In Awe
Shocked
Excited

ANGRY



Frustrated
Betrayed
Jealous
Furious

Mad
Let Down
Aggressive
Annoyed

SCARED



Unsafe
Unsure
Insecure
Worried

Fearful
Helpless
Hopeless
Anxious

NERVOUS



Anxious
Uncomfortable
Worried
Panicked
Overwhelmed

Unsure
Scared
Frozed
Stuck
Troubled

your feelings
are valid