CIRCLE THE FEELINGS YOU ARE EXPERIENCING
Try to locate the feeling you are experiencing using the column headers and then use the words under that column to find the more precise feeling you are experiencing.

**PLEASANT — LOVE-BASED EMOTIONS**
- **SECURE**: safe, calm, comfortable, relaxed, relieved, trusting
- **LOVING**: caring, warm, compassionate, affectionate, tender, friendly
- **ENGAGED**: energetic, involved, interested, absorbed, fascinated
- **HAPPY**: joyful, glad, pleased, delighted, amused, jubilant
- **CONFIDENT**: optimistic, strong, empowered, hopeful, encouraged
- **GRATEFUL**: appreciative, thankful, touched, satisfied, fulfilled
- **ELATED**: thrilled, exhilarated, enchanted, exuberant, ecstatic
- **REFRESHED**: renewed, restored, revived, invigorated, rejuvenated
- **SURPRISED**: amazed, astonished, dazzled
- **PEACEFUL**: calm, centered, serene, tranquil, still, blissful, mellow

**UNPLEASANT – FEAR-BASED EMOTIONS**
- **ANGRY**: annoyed, irritated, upset, furious, enraged, resentful
- **SAD**: depressed, discouraged, unhappy, disheartened, despair
- **SCARED**: fearful, frightened, insecure, terrified, overwhelmed
- **UNEASY**: agitated, restless, uncomfortable, unsettled
- **FRUSTRATED**: aggravated, annoyed, exasperated, impatient, irritated
- **HATE**: contempt, disgust, repulsed, enraged, animosity
- **CONFUSED**: puzzled, torn, perplexed, ambivalent, discombobulated
- **WARY**: leery, mistrustful, suspicious, apprehensive, anxious, guarded
- **VULNERABLE**: sensitive, fragile, helpless, reserved, guarded
- **ALONE**: disconnected, cold, alienated, withdrawn distant, apathetic
- **FATIGUE**: depleted, beat, exhausted, cranky, lethargic, tired, weary
- **GUILTY**: liable, regret, remorse, awful, bad, culpable
- **EMBARRASSED**: shocked, ashamed, flustered, self-conscious
- **PAIN**: hurt, agony, despair, devastated, alone, lost, miserable, bitter