

What am I feeling, now?

(Refer to this list of feelings, if needed. Or if none of these descriptions seem to fit, try the description, “uncomfortable”, and see if that resonates for you).

Fearful	Angry	Sad	Joyful	Disgusted	Surprised	Shame
edgy	exasperated	dejected	amused	appalled	amazed	disgraced
frightened	hostile	gloomy	delighted	contempt	astonished	embarrassed
nervous	irritable	grief	gratified	distain	dumbfounded	guilty
scared	outraged	hopeless	happy	indignation	flabbergasted	humiliated
wary	resentful	lonely	satisfied	repulsed	shocked	mortified
worried	vengeful	sorrow	silly	revolted	startled	remorseful