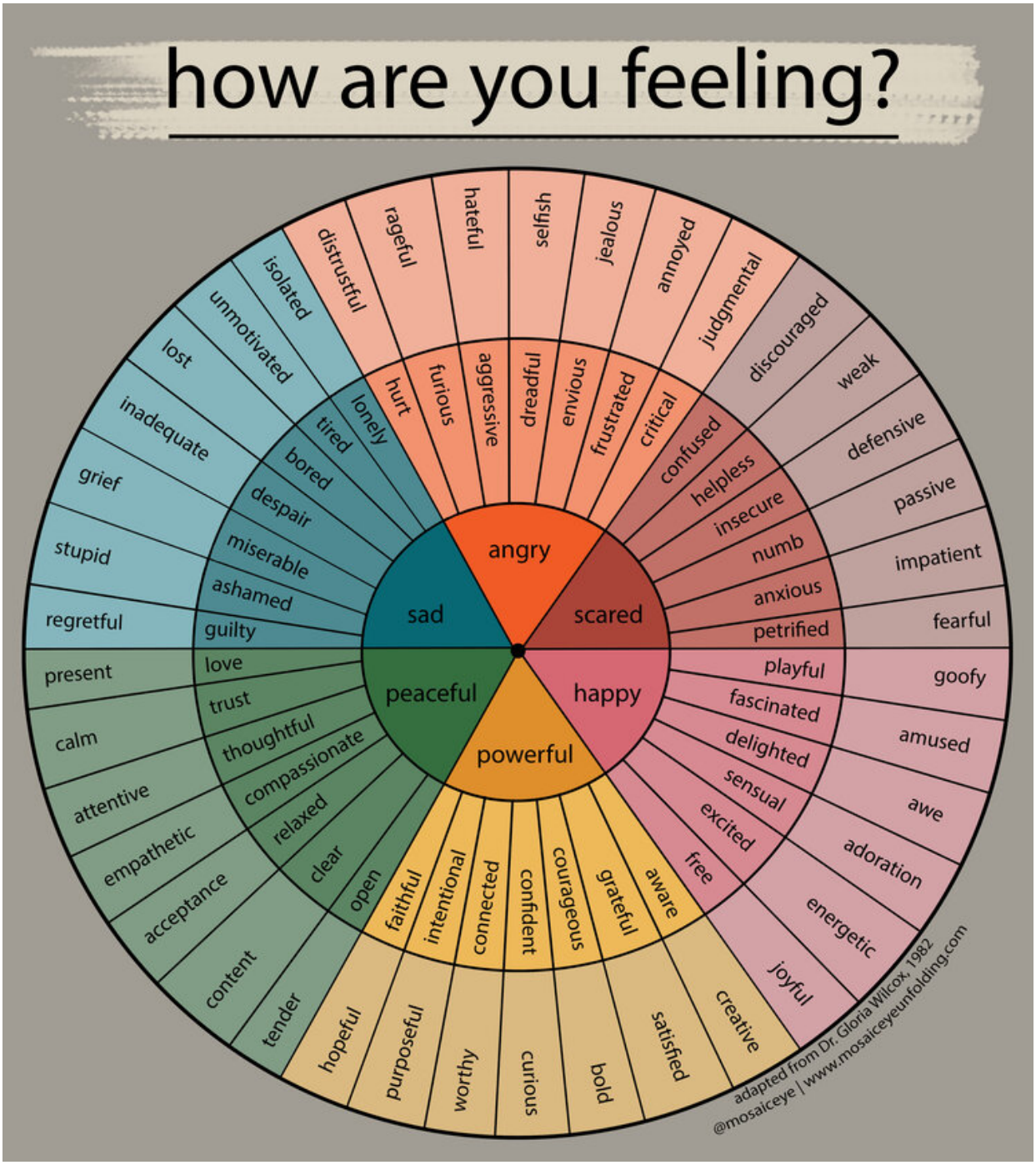
how are you feeling?
angry
scared
happy
powerful
peaceful
sad
hateful
selfish
jealous
annoyed
judgmental
rageful
distrustful
isolated
unmotivated
lost
inadequate
grief
stupid
regretful
hurt
furious
aggressive
dreadful
envious
frustrated
critical
confused
helpless
insecure
numb
anxious
petrified
discouraged
weak
defensive
passive
impatient
fearful
lonely
tired
bored
despair
miserable
ashamed
guilty
playful
fascinated
delighted
sensual
excited
free
goofy
amused
awe
adoration
energetic
joyful
aware
grateful
courageous
confident
connected
intentional
faithful
open
clear
relaxed
compassionate
thoughtful
trust
love
creative
satisfied
bold
curious
worthy
purposeful
hopeful
tender
content
acceptance
empathetic
attentive
calm
present
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