

# Feelings Chart

|            |             |             |
|------------|-------------|-------------|
| frightened | sad         | happy       |
| surprised  | angry       | anxious     |
| ashamed    | hurt        | mad         |
| jealous    | joyful      | annoyed     |
| excited    | tired       | proud       |
| confused   | worried     | scared      |
| afraid     | bored       | grumpy      |
| nervous    | cheerful    | lonely      |
| loving     | embarrassed | guilty      |
| shy        | silly       | curious     |
| depressed  | terrified   | grief       |
| suspicious | disgusted   | enraged     |
| shame      | hate        | irritated   |
| frustrated | upset       | wounded     |
| calm       | peaceful    | elated      |
| ambivalent | giddy       | mischievous |
| powerless  | desperate   | rejected    |
| confident  | loved       | secure      |

## How to use this chart

You can use this chart to become more familiar with how you are feeling.

A great way to do this is to keep this chart with you and pick moments throughout your day to feel your feelings.

1. Pause what you are doing.
2. Notice how you are feeling.
3. Review the chart if you need help with describing the feeling.
4. Record the day, time and the feeling.
5. Practice this at random times in your day at least three times per day.
6. Do it regularly to become better at connecting with your feelings.
7. Over time, you can notice if there are any patterns with how you are feeling.
  - a. Ex. You are feeling tired regularly or you are feeling irritated on most days or you never feel angry.
8. These patterns can help bring more awareness to the relationship you have with your feelings.

For more help with understanding your feelings, you can book a 30 minute complimentary consultation to see if you would benefit from counselling sessions.

For more information contact us at:

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