

I feel _____, when _____.

I need _____.

Anger	Anxiety	Fear	Joy	Love	Sadness	Shame
Agitated	Anxious	Alarmed	Alive	Attention	Crushed	Ashamed
Anger	Confused	Defensive	Bold	Caring	Disappointed	Burdened
Annoyed	Distant	Doubtful	Brave	Comforting	Discouraged	Condemned
Appalled	Dulled	Dread	Capable	Compassion	Distraught	Culpable
Disgusted	Frantic	Fearful	Comfortable	Concerned	Distressed	Despised
Frustrated	Helpless	Frightened	Confident	Encouraged	Empty	Disgraced
Irritated	Impatient	Reluctant	Curious	Engaged	Grief	Dread
Outraged	Intense	Startled	Delighted	Gentle	Lonely	Embarrassed
Rage	Nervous	Suspicious	Dynamic	Honored	Lost	Guilty
Spiteful	Overwhelmed	Tense	Eager	Open	Miserable	Harassed
Upset	Paralyzed	Worried	Elated	Respected	Mournful	Humiliated
Vindictive	Perplexed		Energized	Secure	Remorseful	Inept
	Queasy		Excited	Tender	Resigned	Inadequate
	Skeptical		Glad		Sad	Regretful
	Stressed		Gleeful		Sorry	Shame
	Uneasy		Hopeful		Terrible	
			Joyful			
			Optimistic			
			Passionate			
			Peaceful			
			Relaxed			
			Safe			
			Self-assured			
			Surprised			