

The Feelings List

34 feelings inside 6 core emotions. Circle what fits today.

JOY

Content

Happy

Cheerful

Proud

Optimistic

Enthusiastic

Elation

Enthralled

LOVE

Affectionate

Longing

Desire

Tenderness

Peaceful

SURPRISE

Stunned

Confused

Amazed

Overcome

Moved

FEAR

Scared

Terror

Insecure

Nervous

Horror

SADNESS

Suffering

Despondent

Disappointed

Shameful

Neglected

Despair

ANGER

Rage

Exasperated

Irritable

Envy

Disgust