

## *Feelings*

Sometimes people do not have much language to express their feelings. Here is a sampling of words. Even better, find your own expression!

**FEELINGS**, a description of one's emotional state or experience.

[\*a possible definition of the word; your personal understanding of the word is what matters.]

**ANGRY**: when I feel like things are not fair or I want things my way\*

- annoyed
- frustrated
- mad

**ASHAMED**: when I feel like I'm sorry about something I did or I would not like others to know what I did.

- embarrassed
- guilty
- sorry

**BELONGING**: when I feel like I'm part of the group or I'm included.

- a part of
- accepted
- included

**BORED**: when I feel like things seem dull or I'm doing something I'd rather not do.

- indifferent
- listless
- uninvolved

**FRIGHTENED**: when I feel something is dangerous or I could get hurt.

- afraid
- scared
- worried

HAPPY: when I feel like things are going well for me or I feel good about me.

- joyful
- pleased
- smiling

HATE: when I feel I dislike someone very much or I feel very angry about what is happening.

- disgust
- dislike
- repulsed

INTERESTED: when I feel like I'm involved or I have energy for what I'm doing.

- attentive
- energized
- involved

LONELY: when I feel like I'm all alone or I miss somebody.

- isolated
- left out
- rejected

LOVE: when I feel like I like someone very much or I enjoy something or someone.

- affectionate
- caring
- liking

NERVOUS: when I feel like I am restless or something is bothering me.

- agitated
- fidgety
- upset

PROUD: when I feel like I like what I did or I would like others to know what I did.

- competent
- skillful
- smart

RELAXED: when I feel like I'm resting or nothing is bothering me.

- calm
- quiet
- resting

SAD: when I feel like things are going badly for me or I lost something or somebody.

- crying
- sorrowful
- unhappy

SAFE: when I feel like I am protected or I can take care of myself.

- all right
- protected
- secure

SATISFIED: when I feel like things are fair or things are okay.

- contented
- fulfilled
- peaceful