Feelings Menu

Emotional:

• Happy (peaceful, joyous, excited)
• Sad (grieving, disappointed)
• Angry (mad, frustrated, annoyed)
• Ashamed (embarrassed, uncomfortable)
• Proud (strong, righteous)
• Afraid (nervous, anxious, terrified)
• Loved (appreciated, cherished)
• Loving (compassionate, accepting)
• Hurt (wronged, victimized)
• Lonely (empty, isolated)
• Bored (indifferent, apathetic)

Physical:

• Tired (sleep, exhausted)
• Energetic (hyper, restless)
• Sick (achy, feverish)
• Full (satisfied, stuffed)
• Hungry (craving, starving)
• Pained (sore, injured)
• Sexual (sensual, longing)