

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)