

What am I really feeling?

ambivalent	angry	anxious
ashamed	betrayed	bitter
cheated	childish	competitive
criticized	defeated	desperate
discouraged	disturbed	embarrassed
empty	exposed	flustered
foolish	frantic	frustrated
greedy	guilty	hateful
hopeless	humiliated	hurt
hysterical	ignored	inadequate
incompetent	inferior	insecure
insignificant	irritated	jealous
judged	lonely	mean
melancholy	misunderstood	needy
nervous	obsessed	ostracized
overwhelmed	powerless	pressured
resentful	selfish	stupid
suspicious	swamped	tense
threatened	trapped	ugly
uncertain	unloved	uptight
vindictive	vulnerable	worried
worthless		

Example:

I am feeling _____

What can I do about this? _____

What do I need right now?

time alone	time with friends/family
more rest	sleep
structure	relaxation
a plan	organization
peace	quiet
nutrition	a deep breath
commitment	space
understanding	to vent
more information	a good laugh
help	less structure
safety	change
a break	to start over
exercise	a good cry
to scream	faith
fun	honesty
openness	support
community	to be included
harmony	acceptance
predictability	to express feelings
joy	love
a drink of water	friendship

Example:

What I need right now is _____

What can I do about this? _____
