EMOTIONS CHART

challenge to change

EMOTIONS

INTENSITY

SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
Disappointed	Calm	Content	Irritated	Shy
Bummed	Relaxed	Peaceful	Annoyed	Anxious
Bored	Serene	Pleased	Aggravated	Nervous
Gloomy	Open-Minded	Cheerful	Envious	Panicked
Weary	Relieved	Curious	Jealous	**OTHER**
Withdrawn	Satisfied	Confident	Disappointed	Relief
Lonely	Focused	Respected	Critical	Goofy
Unhappy	Present	Loving	Offended	Playful
Excluded	Mindful	Joyful	Upset	Amazed
Discouraged	Accepted	Giddy	Frustrated	Accepted
Depressed	Connected	Excited	Mad	Bittersweet
Miserable	Proud	Hyper	Furious	Uncertain
Distraught	Grateful	Thrilled	Fuming	Confused
Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted
Numb	Inspired	Courageous	Outraged	Overwhelmed
	Safe			

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Situation:

Know Yourself

Tips: Notice physical signals (e.g., tension). "What else am I feeling?"

What am I feeling?

Choose Yourself

Tips: Pause. Look short and long term.

What options do I have?

Give Yourself

Tips: Be curious about the people involved. What's the long-term perspective?

What do I **truly** want?