



resources: thoughts and feelings

thoughts express...

- an idea
- a desire
- a plan
- an intention
- a belief
- a concept
- a principle

n.

**“I feel”
statements
need to be
followed by
an emotion.**

feelings chart

MAD

Bothered Annoyed Frustrated Angry Enraged

SAD

Down Disappointed Worn-out Defeated Devastated

GLAD

Optimistic Pleased Happy Delighted Ecstatic

SCARED

Uneasy Stressed Overwhelmed Panic Stricken Terrified

CONFUSED

Uncertain Ambivalent Flustered Baffled Bewildered

ASHAMED

Uncomfortable Self-conscious Embarrassed Degraded Mortified

LONELY

Left-out Invisible Excluded Isolated Abandoned