

CORE FEELINGS

I FEEL...

Anxious	Serene
Alone	Quiet
Frustrated	Calm
Overwhelmed	Excited
Vulnerable	Loving
Disappointed	Warm
Agitated	Happy
Jealous	Peaceful
Envious	Accepting
Irritated	Joyous
Scared	Grateful
Scared of the unknown	Playful
Scared of real and present danger	Open
Anxiety of human ambiguity; awareness of death (Pema Chodron)	Confident
Nervous	Sympathetic
Groundless	In awe/amazed
Uncertain	Overjoyed
Annoyed	Delighted
Lonely	Optimistic
Sad	Energetic
Confused	Reassured
Powerless	Comforted
	Alive