



Discovering Emotions

<p>Joy</p> <p>Joyful Interested Playful Confident Loving Sensitive Courageous Hopeful</p>	<p>Sadness</p> <p>Sad Bored Sleepy Unhappy Ignored Guilty Lonely Alone</p>
<p>Anger</p> <p>Mad Jealous Embarrassed Furious Irritated Withdrawn Frustrated Skeptical</p>	<p>Surprised</p> <p>Startled Confused Amazed Excited Shocked Astonished Eager Dismayed</p>
<p>Disgust</p> <p>Awful Disappointed Hesitant Revolted Loathing Judgmental</p>	<p>Fear</p> <p>Humiliated Rejected Worthless Insecure Anxious Scared</p>



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Happy	Sad	Worried	Angry
How does happy feel to me?	How does sad feel to me?	How does worried feel to me?	How does angry feel to me?
What can I do to feel better?	What can I do to feel better?	What can I do to feel better?	What can I do to feel better?