

EMOTIONS CHECKLIST

Put your negative emotions in words

I feel:

- | | | |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Agony | <input type="checkbox"/> Despair | <input type="checkbox"/> Jealous |
| <input type="checkbox"/> Alone | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Lost |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Disgust | <input type="checkbox"/> Misunderstood |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Empty | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Envy | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Astonishment | <input type="checkbox"/> Fear | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Attacked | <input type="checkbox"/> Grief | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Awkwardness | <input type="checkbox"/> Guilt | <input type="checkbox"/> Shyness |
| <input type="checkbox"/> Betrayed | <input type="checkbox"/> Hatred | <input type="checkbox"/> Suffering |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Helplessness | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Horror | <input type="checkbox"/> Vulnerable |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Impatient | <input type="checkbox"/> |
| <input type="checkbox"/> Contempt | <input type="checkbox"/> Incompetent | <input type="checkbox"/> |
| <input type="checkbox"/> Craving | <input type="checkbox"/> Insecure | <input type="checkbox"/> |