

## Feelings Table

Take note of the six-primary feelings and the various feelings listed below each.

Mad	Sad	Afraid	Glad	Peaceful	Powerful
Withdrawn	Remorseful	Overwhelmed	Amused	Responsive	Appreciated
Irritated	Stupid	Co-dependent	Optimistic	Nurturing	Independent
Betrayed	Isolated	Submissive	Playful	Confident	Respected
Abandoned	Apathetic	Bewildered	Stimulated	Thoughtful	Grounded
Hurt	Empty	Embarrassed	Amusing	Thankful	Valued
Frustrated	Depressed	Controlling	Excited	Content	Deserving
Resentful	Ashamed	Inadequate	Energized	Trusting	Engaged
Hostile	Hopeless	Dependent	Fascinated	Tolerant	Confident
Angry	Rejected	Confused	Fascinating	Relaxed	Humble
Hateful	Guilty	Helpless	Daring	Loving	Worthy
Critical	Lonely	Anxious	Cheerful	Present	Strong
Jealous	Beaten	Insecure	Hopeful	Serene	Secure
Vengeful	Tearful	Absent	Creative	Alive	Proud
Rageful	Bored	Alone	Happy	Full	Able