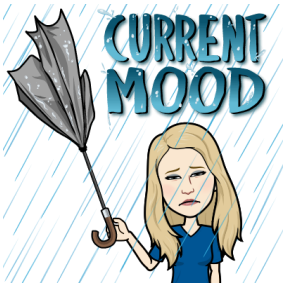
STRATEGIC COUNSELING SOLUTIONS
HOPE, HEALING & RESTORATION



FEELINGS CHECKLIST

SADNESS

- [ ] depressed
- [ ] lonely
- [ ] hurt
- [ ] grief and loss
- [ ] sorry
- [ ]
- [ ]

ANGER

- [ ] mad
- [ ] frustrated
- [ ] annoyed
- [ ] irritated
- [ ] hateful
- [ ]
- [ ]

FEAR

- [ ] afraid
- [ ] insecure
- [ ] anxious
- [ ] worried
- [ ] helpless
- [ ] out of control
- [ ]

SHAME

- [ ] guilty
- [ ] embarrassed
- [ ] humiliated
- [ ] ashamed
- [ ]
- [ ]
- [ ]

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FEELINGS CHECKLIST

JOY

- [ ] happy
- [ ] excited
- [ ] thankful
- [ ] energetic
- [ ] surprised
- [ ]
- [ ]

PEACE

- [ ] calm
- [ ] relaxed
- [ ] content
- [ ] secure
- [ ]
- [ ]
- [ ]

LOVE

- [ ] affectionate
- [ ] adoration
- [ ] connected
- [ ]
- [ ]
- [ ]
- [ ]

PRIDE

- [ ] confident
- [ ] assured
- [ ] encouraged
- [ ] empowered
- [ ]
- [ ]
- [ ]

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FEELINGS CHECKLIST

ATTENTION

- [ ] engaged
- [ ] attentive
- [ ] focused
- [ ] forgetful
- [ ] distracted
- [ ] intrigued
- [ ] interested

OTHERS

- [ ] overwhelmed
- [ ] exhausted
- [ ] bored
- [ ] tired
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