

## FEELINGS CHART FOR FEEDBACK FORMULA EXERCISE

<p><b>AFRAID</b> apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p>	<p><b>CONFUSED</b> ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p>	<p><b>EMBARRASSED</b> ashamed chagrined flustered guilty mortified self-conscious</p>	<p><b>SAD</b> depressed dejected despair disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched</p>
<p><b>ANNOYED</b> aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked</p>	<p><b>DISCONNECTED</b> alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn</p>	<p><b>FATIGUE</b> beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out</p>	<p><b>TENSE</b> anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out</p>
<p><b>ANGRY</b> enraged furious incensed indignant irate livid outraged resentful</p>	<p><b>DISQUIET</b> agitated alarmed disconcerted disturbed perturbed rattled restless shocked startled surprised troubled uncomfortable uneasy unnerved unsettled upset</p>	<p><b>PAIN</b> agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful</p>	<p><b>YEARNING</b> envious jealous longing nostalgic pining wistful</p>
<p><b>AVERSION</b> animosity appalled contempt disgusted dislike hate horrified hostile repulsed</p>		<p><b>VULNERABLE</b> fragile guarded helpless insecure leery reserved sensitive shaky</p>	