

# HOW ARE YOU FEELING?



Nervous



Embarrassed



Angry



Confused



Bitter



Sad



Bored



Inferior



Content



Rejected



Loved



Numb



Furious



Friendly



Shocked



Trapped



Crazy



Hurt



Frustrated



Depressed



Lonely



Afraid



Overwhelmed



Valued



Happy



Stupid



Hopeless



Forgiven



Hopeful



Guilty