

Anger

Fury	Outrage	Hatred
Irritated	Vengeful	Cheated
Envious	Superior	Defiant
Offended	Distrustful	Cynical
Impatient	Testy	Wound-up

Fear

Resentful	Exasperated	Annoyed
Belligerent	Rebellious	Resistant
Contempt	Repulsed	Appalled
Wary	Concerned	Apprehensive
Nervous	Dreading	Worried
Restless	Frightened	Threatened
Afraid	Anxious	Edgy
Stressed	Overwhelmed	Obsessed

Disheartened

Confused	Baffled	Lost
Lonely	Isolated	Sad
Desperate	Depressed	Devastated
Moody	Serious	Somber
Shy	Unloved	Abandoned
Tired	Burned-Out	Apathetic
Exhausted	Frustrated	Grumpy
Disoriented	Disconnected	Trapped
Grieving	Dejected	Gloomy
Helpless	Weak	Vulnerable
Disappointed	Hurt	Defective
Frail	Complacent	Weary

Shame

Humiliated	Mortified	Embarrassed
Regretful	Remorseful	Reflective
Ashamed	Uncomfortable	Guilty
Sorrowful	Detached	Aloof

Surprise

Shocked	Startled	Stunned
Amazed	Astonished	Impressed

Impassioned

Enthusiastic	Excited	Aroused
Euphoric	Thrilled	Competitive
Bold	Eager	Optimistic
Delirious	Passionate	Crazed
Willful	Determined	Confident
Gratified	Proud	Gushy

Happy

Joyful	Blissful	Amused
Pleased	Silly	Dreamy
Hopeful	Intrigued	Interested
Delighted	Triumphant	Lucky
Enchanted	Appreciative	Grateful
Engrossed	Alive	Vivacious

Calm

Contented	Relieved	Peaceful
Comfortable	Receptive	Forgiving
Relaxed	Satisfied	Reserved
Accepting	Loved	Serene

Regard

Adoration	Admiration	Reverent
Respectful	Friendly	Sympathetic
Loving	Affectionate	Secure
Compassion	Tenderness	Generous

EMOTIONAL INVENTORY

Week 1	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
7:30 am							
Doing							
Feeling/ Source of Feeling							
11:00am							
Doing							
Feeling/ Source of Feeling							
3:00 pm							

Doing							
Feeling/ Source of Feeling							
9:00pm							
Doing							
Feeling/ Source of Feeling							