FEELINGS CHART

What am I feeling?

33 feelings and what each one means. Look for the word that comes closest.

Feelbits



Okay
Fine. Nothing much going on either way.



Scared
Sensing danger and wanting to get away from it.



Confident
Trusting yourself to handle what comes.

Meh
Flat and indifferent, neither good nor bad.



Overwhelmed
So much is going on that it feels like too much to handle.



Happy
Feeling good and glad about how things are going.



Bored
Nothing feels interesting or engaging right now.



Annoyed
Mildly bothered or irritated by something.



Proud
Pleased with something you or someone close to you did.



Tired
Low on energy and in need of rest.



Frustrated
Blocked from something you want or are trying to do.

Content
Satisfied with things just as they are.



Exhausted
Completely drained, with nothing left in the tank.



Angry
Heated displeasure at something that feels wrong or unfair.



Connected
Close to and understood by other people.



Disappointed
Let down when something did not turn out as hoped.



Furious
Intensely angry, close to boiling over.



Grateful
Thankful for something or someone in your life.



Lonely
Wishing for closeness or company you do not have.



Curious
Wanting to explore, learn or find out more.



Loved
Cared for and valued by someone.



Guilty
Feeling bad about something you did or did not do.



Motivated
Ready and willing to get things done.

Relieved
A weight has lifted after worry or strain.



Sad
Heavy and down because of a loss or something that hurt.



Energetic
Full of physical get-up-and-go.



Relaxed
Loose and at ease in body and mind.



Anxious
Uneasy about something that might go wrong.



Excited
Buzzing with eager energy about something good.



Calm
Settled and steady, without tension.



Stressed
Under pressure, with too much being asked of you.



Hopeful
Expecting that things can turn out well.



Peaceful
Quiet inside, with nothing pulling at you.

1 Pause
Notice what's going on in your body and your thoughts.

2 Find the closest word
More than one can fit at once. That's normal.

3 Say it or write it down
Naming it is enough. You don't have to fix it.



Feelbits
A free feelings tracker for iPhone.
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