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.

Meh
Flat and indifferent, neither good nor bad.



Bored
Nothing feels interesting or engaging right now.



Tired
Low on energy and in need of rest.



Exhausted
Completely drained, with nothing left in the tank.



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



Lonely
Wishing for closeness or company you do not have.



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



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



Anxious
Uneasy about something that might go wrong.



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



Scared
Sensing danger and wanting to get away from it.



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



Annoyed
Mildly bothered or irritated by something.



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



Angry
Heated displeasure at something that feels wrong or unfair.



Furious
Intensely angry, close to boiling over.



Curious
Wanting to explore, learn or find out more.



Motivated
Ready and willing to get things done.



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



Excited
Buzzing with eager energy about something good.



Hopeful
Expecting that things can turn out well.

Confident
Trusting yourself to handle what comes.



Happy
Feeling good and glad about how things are going.



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

Content
Satisfied with things just as they are.



Connected
Close to and understood by other people.



Grateful
Thankful for something or someone in your life.



Loved
Cared for and valued by someone.



Relieved
A weight has lifted after worry or strain.



Relaxed
Loose and at ease in body and mind.



Calm
Settled and steady, without tension.



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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