

Okay

Fine. Nothing much going on either way.

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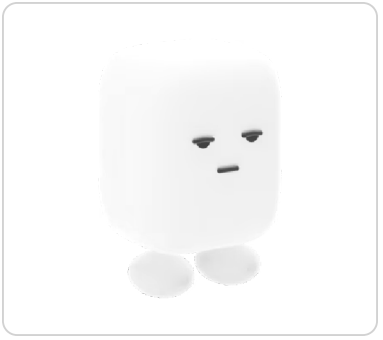

Meh

Flat and indifferent, neither good nor bad.

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Bored

Nothing feels interesting or engaging right now.

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Tired

Low on energy and in need of rest.

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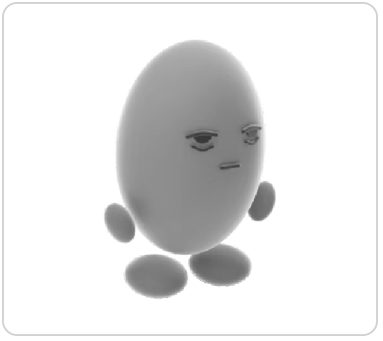

Exhausted

Completely drained, with nothing left in the tank.

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Disappointed

Let down when something did not turn out as hoped.

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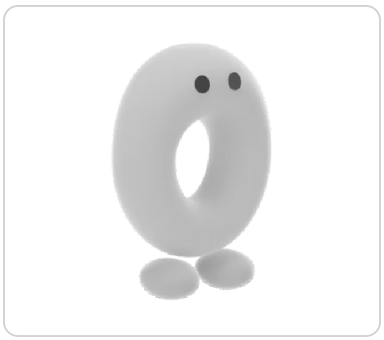

Lonely

Wishing for closeness or company you do not have.

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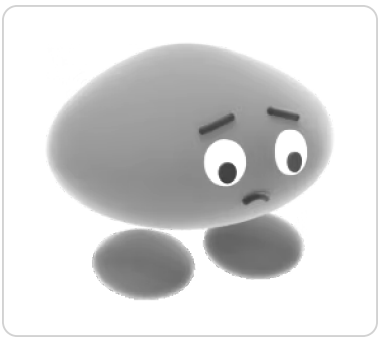

Guilty

Feeling bad about something you did or did not do.

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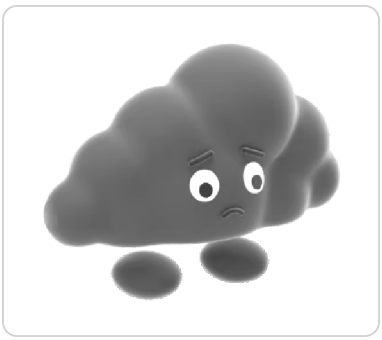

Sad

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

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Anxious

Uneasy about something that might go wrong.

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Stressed

Under pressure, with too much being asked of you.

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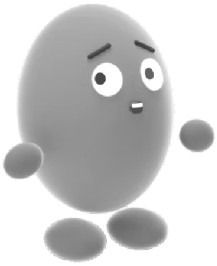

Scared

Sensing danger and wanting to get away from it.

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Overwhelmed

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

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Annoyed

Mildly bothered or irritated by something.

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Frustrated

Blocked from something you want or are trying to do.

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Angry

Heated displeasure at something that feels wrong or unfair.

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Furious

Intensely angry, close to boiling over.

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Curious

Wanting to explore, learn or find out more.

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Motivated

Ready and willing to get things done.

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Energetic

Full of physical get-up-and-go.

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Excited

Buzzing with eager energy about something good.

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Hopeful

Expecting that things can turn out well.

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Confident

Trusting yourself to handle what comes.

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Happy

Feeling good and glad about how things are going.

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Proud

Pleased with something you or someone close to you did.

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Content

Satisfied with things just as they are.

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Connected

Close to and understood by other people.

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Grateful

Thankful for something or someone in your life.

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Loved

Cared for and valued by someone.

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Relieved

A weight has lifted after worry or strain.

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Relaxed

Loose and at ease in body and mind.

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Calm

Settled and steady, without tension.

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Peaceful

Quiet inside, with nothing pulling at you.

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Draw your own Feelbit

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