

# The Feelings Chart

*"Fine" is not a feeling. Find the real word.*

Scan the left column for the closest big emotion. Then find the word that is actually true. Name it. Out loud counts double.

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## ANGRY

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|            |          |
|------------|----------|
| frustrated | betrayed |
| resentful  | bitter   |
| irritable  | furious  |

## SAD

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|              |          |
|--------------|----------|
| disappointed | grieving |
| lonely       | empty    |
| hurt         | hopeless |

## AFRAID

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|             |          |
|-------------|----------|
| anxious     | dreading |
| insecure    | helpless |
| overwhelmed | panicked |

## HAPPY

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|          |         |
|----------|---------|
| content  | excited |
| grateful | hopeful |
| proud    | playful |

## CALM

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|          |           |
|----------|-----------|
| settled  | centered  |
| relieved | at ease   |
| safe     | unhurried |

## SURPRISED

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|          |                  |
|----------|------------------|
| startled | amazed           |
| confused | caught off guard |
| curious  | shaken           |

## DISGUSTED

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|          |              |
|----------|--------------|
| uneasy   | contemptuous |
| repelled | judgmental   |
| appalled | turned off   |

## ASHAMED

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|             |            |
|-------------|------------|
| embarrassed | inadequate |
| guilty      | exposed    |
| regretful   | humiliated |