

NERVOUS

EXCITED

UNHAPPY

DISRESPECTED

ANGRY

WORRIED

ANNOYED

Feeling Puzzled?

LONELY

EMBARRASSED

FURIOUS

FRUSTRATED

Use "I" statements to tell how you feel.

SAD

I feel _____
when you _____
because _____

GROUCHY

HURT

UPSET

CONFUSED

FRIGHTENED

RESPECTED

PROUD

HAPPY