

Naming your feelings

Happiness ☀️

Love Excitement Safety
Amusement Hopeful Pride
Inspired Joy Confident
Forthright Relax Relief

Sadness ☁️

Bored Unhappy Lonely
Heartbroken Ignored Empty
Isolated Lost Disappointed
Throated Hurt Stunned

Disgust 🤢

Dislike Offend Mislike
Resentful Looking Withdraw
Hurtful Annoy Resentment
Discomfort

Fear 🗡️

Confused Overwhelmed
Suspense Doubt Nervous
Embarrassed Worried Stressed
Furious Scared Shocked

Anger ⚡️

Blame Annoyed Scolded
Frustrated Jealous Stunned
Resentful Mean Stupefied
Injustice Angry Unsettled



Everything in this room is clickable!
Take your time to relax & cool down!

