



In Touch With You

The following questions are suggested to help the facilitator with the two minute check in period.

What are you feeling?

What have you learned about yourself in the past week?

What have you learned about yourself and how do you feel about what you learned?

What are you doing differently and how does that feel?

What has happened which has made it possible for you to do what you are doing differently, and how does that feel?

What new attitudes and beliefs are you adopting or do you want to adopt?

*****See feeling sheet on next page*****



Feeling Words

Happy

Delighted
Joyful
Festive
Contented
Complacent
Satisfied
Serene
Comfortable
Peaceful
Tranquil
Ecstatic
Rapturous
Elated
Transported
Enthusiastic
Inspired
Glad
Pleased
Blissful
Cheerful
Genial
Cheery
Sunny
High-spirited
Exultant
Light-hearted
Buoyant
Exuberant
Saucy
Jaunty
Lively
Animated
Jubilant
Vivacious
Brisk
Sparkling
Merry
Hilarious
Exhilarated
Jovial
Jolly
Playful

Sad

Despondent
Disheartened
Discouraged
Sorrowful
Downcast
Dejected
Unhappy
Depressed
Heavy-hearted
Discontented
Moody
Sullen
Sulky
Dismal
Dreadful
Oppressed
Gloomy
Dreary

Angry

Resentful
Annoyed
Provoked
Infuriated
Offended
Irritated
Indignant
Irate
Enraged
Bitter
Furious
Boiling

Hurt

Offended
Crushed
Victimized
Heartbroken
Tortured
Piteous
Sad
Mournful
Distressed
In pain
Pathetic
Gleeful

Afraid

Fearful
Frightened
Timid
Nervous
Fainthearted
Scared
Apprehensive
Terrified
Panicked
Cowardly
Hysterical
Alarmed
Shocked
Horrorified
Insecure
Anxious
Worried
Threatened
Upset

Doubtful

Suspicious
Hesitant
Dismayed
Appalled
Petrified
Doubtful
Unbelieving
Skeptical
Distrustful
Suspicious
Dubious
Uncertain
Hesitant
Perplexed
Indecisive

Eager

Earnest
Intent
Ardent
Zealous
Anxious
Enthusiastic
Desirous

Interested

Concerned
Fascinated
Engrossed
Intrigued
Absorbed
Excited
Curious
Inquisitive
Nosy
Snoopy

Fearless

Encouraged
Courageous
Secure
Reassured
Bold
Brave
Daring
Gallant
Heroic
Self-reliant
Resolute
Stouthearted
Hardy
Determined
Dauntless
Certain