

Adolescent's Feelings List (Ages 11+)

Put an "X" by the feelings you feel everyday.

Put an "✓" by the feelings you feel once a week.

Put an "☺" by the feelings you feel once a month.

Accepted	Confused	Energetic	Guilted
Accused	Criticized	Enjoyment	Guilty
Afraid	Cowardly	Enthusiastic	Happy
Alone	Curious	Entitled	Hassled
Angry	Cut down	Envious	Hateful
Annoyed	Daring	Excited	Heartbroken
Anxious	Defeated	Excluded	Held back
Appreciated	Defensive	Exhausted	Helpful
Approved of	Delighted	Failure (like a)	Helpless
Ashamed	Depressed	Fearful	Hopeful
Awful	Devalued	Fed up	Humiliated
Bad	Different	Feel like...	Hungry
Betrayed	Disappointed	...giving up	Hurried
Blamed	Discouraged	Fine	Hurt
Blah	Disgusted	Focused	Ignored
Bored	Disrespected	Freedom	Important
Brave	Distracted	Friendly	Impatient
Bugged	Disturbed	Frightened	Inexperienced
Bullied	Doubted	Frustrated	Insecure
Calm	Dreamer	Funny	Inspired
Capable	Dumb	Furious	Intimidated
Caring	Eager	Glad	In trouble
Cautious	Embarrassed	Good	Invaded
Cheerful	Emotional	Good looking	Invisible
Comfortable	Empathetic	Grateful	Irritated
Concerned	Empty	Great	Joyous
Confident	Encouraged	Guarded	Judged

Kind	Not listened	Rushed	Tired
Lazy	Not trusted	Sad	Treated fairly
Left out	Obsessed	Scared	Ugly
Let down	Obnoxious	Scolded	Unable to trust
Let someone down	Overwhelmed	Screwed	Unappreciated
Like a burden	Panicky	Self-conscious	Uncomfortable
Liar	Patient	Selfish	Understood
Like a...	Peaceful	Sensitive	Uneasy
...disappointment	Perfectionism	Set-up	Unfairly treated
Like a fool/idiot	Phony	Shy	Unhappy
Like a scapegoat	Picked on	Silly	Unimportant
Lonely	Playful	Smart	Unsure
Lucky	Pleased	Sleepy	Unloved
Mad	Prepared	Sore	Unprepared
Mean	Pressured	Sorry	Unsuccessful
Miserable	Private	So-so	Used
Mistrusted	Protective	Special	Useless
Misunderstood	Proud	Spoiled	Upset
Mixed-up	Pushy	Stabbed in the	Uptight
Moody	Put down	back	Vindictive
Motivated	Puzzled	Stressed	Victim
Needy	Questioned	Stuck	Violent
Nervous	Rejected	Stubborn	Weird
Naïve	Relaxed	Stupid	Weak
Nice	Relieved	Successful	Wonderful
Not believed	Resentful	Superior	Worried
Not good...	Respected	Surprised	Worthless
...enough	Restless	Taken advantage of	Yelled at
Not heard	Revengeful	Terrible	
	Ridiculous	Terrified	