

# Feelings for the Fridge

Get curious (not furious): What feelings are happening and why?  
What do they feel like in your body?  
Respond to them in healthy, helpful ways.

Brave	Flexible	Playful
Calm	Frustrated	Regretful
Comfortable	Grateful	Relieved
Competent	Guilty	Sad
Confident	Happy	Safe
Confused	Hopeful	Satisfied
Curious	Hurt	Scared
Creative	Interested	Sensitive
Determined	Jealous	Shocked
Disappointed	Joyful	Skeptical
Disbelieving	Lonely	Sorry
Disgusted	Loved	Strong
Embarrassed	Loving	Successful
Enthusiastic	Nervous	Surprised
Exhausted	Optimistic	Thankful
Excited		Thoughtful

Angry (Is there sadness there, too?)

Anxious (Is there hurt there too?)

Ashamed (What are you telling yourself?)

Overwhelmed (Usually means you have a combination of feelings. What are they?)

Rage (Is there helplessness too?)

Self-Righteous (Is there hurt too?)

Stressed Out (What other feelings too?)

Defensive (Is there sadness there too?)

Fearful (Is the fear helpful or not?)

Don't Care (Are you sure?)

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