CAREOPS MAEUMI

Words for how I feel

A4 blank worksheet | Date: _____

Write only what you want to keep. Leave uncertain parts blank. There is no score or correct answer.

Circle any words that feel close. Different feelings can exist together. These are editorial browsing groups, not a psychological scale.

Feeling more settled

Calm / Relief / Gratitude / Lightness

Brighter feelings

Joy / Excitement / Pride / Hope

Feeling on edge

Anxiety / Worry / Tension / Fear

Tender or sad feelings

Sadness / Loneliness / Hurt / Longing

Feeling frustrated

Anger / Irritation / Feeling wronged / Frustration

Mixed or hard-to-place feelings

Confusion / Feeling lost / Pressure / Disappointment

I'm not sure yet is also an answer. My own word: _____

The moment on my mind

Note what happened without needing to name anyone.

What I want to say or ask for

A sentence, a request or a blank space are all okay.

Further reading: WHO - Doing What Matters in Times of Stress. This word list is created by the CareOps editorial team.

Use the free web tool: https://maeumi.app/tools/emotion-words