

Upset

Sad

Relieved

Frightened

Happy

Ashamed

Positive

Afraid

Disgusted

Silly

Surprised

Confused

Hopeful

Cautious

Negative

Left out

Shy

Scared

Suspicious

Embarrassed

**Because my loved one died,
I sometimes feel...**

(circle the feelings you sometimes have)

Shocked

Terrified

Guilty

Tired

Bored

Angry

Confident

Unloved

Worried

Jealous

Disappointed

Enraged

Overwhelmed

Depressed

Joyful

Mischievous

Exhausted

Nervous

Excited

Other feelings I sometimes have are...