BRIDGEWELL COACHING

FEELING LIST

How to identify the broken feelings God is wanting to heal in you

<u>Anger</u>	<u>Sad</u>	Glad	<u>Afraid</u>	Confused	Ashamed	Lonely
frustrated	disappointed	comfortable	cautious	uncertain	uncomfortable	left-out
annoyed	worn out	content	hesitant	ambivalent	awkward	lonesome
agitated	unhappy	relaxed	uneasy	doubtful	self-conscious	disconnected
fed up	dissatisfied	optimistic	careful	uncomfortable	embarrassed	removed
mad	lonely	satisfied	anxious	unsettled	flustered	invisible
disgusted	mournful	refreshed	nervous	insecure	sorry	unwelcome
indignant	grieved	pleased	shocked	unfocused	regretful	insignificant
fuming	crushed	warm	alarmed	distracted	remorseful	ignored
furious	defeated	encouraged	overwhelmed	bewildered	guilty	removed
outraged	dejected	delighted	horrified	lost	humiliated	unwanted
livid	empty	joyful	petrified	stunned	belittled	rejected
outraged	despairing	exhilarated	terrified	baffled	dirty	abandoned
bitter	devastated	ecstatic	numb	dumbfounded	degraded	seperated
resentful	hopeless	attached	stuck	chaotic	ashamed	cut-off
critical	depressed	understanding	frozen	worried	violated	unimportant
seething	hurt	energized	lost	uneasy	disgusted	unheard