



This FREE RESOURCE is provided by The Lighthouse.
 The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Weekly Feeling Chart

People are often afraid of their feelings. Finding a good mentor or counselor is a good place to begin looking at your feelings and how you are hiding, or avoiding them. Feelings give us important clues as to what is going on inside of you. The following worksheet will help you to take a big step toward making your feelings work for you. Through the next week, mark down all the feelings you experience. At the end of the day look back and see what feelings you have checked off. After a while you will be able to recognize your feelings and what causes you to feel that way. There are a few blank spaces at the end to let you add in any other feelings you may have had this week. If you need help, review the feelings list on the last page of this worksheet.

| Feelings | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Anger | | | | | | | |
| Resentment | | | | | | | |
| Sadness | | | | | | | |
| Guilt | | | | | | | |
| Lonely | | | | | | | |
| Embarrassed | | | | | | | |
| Happy | | | | | | | |
| Afraid | | | | | | | |
| Anxious | | | | | | | |
| Disappointed | | | | | | | |
| Hate | | | | | | | |
| Love | | | | | | | |
| Lust / Jealous | | | | | | | |
| Compassion | | | | | | | |
| Confidence | | | | | | | |
| Affection | | | | | | | |
| Excited | | | | | | | |
| Bored | | | | | | | |
| Confused | | | | | | | |
| Hurt | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Now that you have identified your feelings for the past week, look back and answer some of the following questions about your experiences. Answer the following questions as openly and honestly as you can. Bring this worksheet back to your therapist so you can review the outcome at your next session.

- Looking back to **Monday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

- Looking back to **Tuesday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

- Looking back to **Wednesday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

● Looking back to **Thursday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

● Looking back to **Friday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

● Looking back to **Saturday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

● Looking back to **Sunday**, what feeling do you remember most?

What was going on when you felt that way?

What could you have done differently?

Feeling Words

HAPPY

festive
contented
relaxed
calm
complacent
satisfied
serene
comfortable
peaceful
joyous
ecstatic
enthusiastic
inspired
glad
pleased
grateful
cheerful
excited
cheery
lighthearted
buoyant
carefree
surprised
optimistic
spirited
vivacious
brisk
sparkling
merry
generous
hilarious
exhilarated
jolly
playful
elated
jubilant
thrilled
restful
offended
EAGER
keen
earnest
intent
zealous
ardent
avid
anxious
enthusiastic
desirous
excited
pathetic

SAD

sorrowful
unhappy
depressed
melancholy
gloomy
somber
dismal
heavy-hearted
quiet
mournful
dreadful
dreary
flat
blah
dull
in the dumps
sullen
moody
sulky
out of sorts
low
discouraged
disappointed
concerned
sympathetic
compassionate
choked up
embarrassed
shameful
ashamed
useless
worthless
ill at ease
discontented
HURT
injured
isolated
determined
distressed
pained
suffering
afflicted
worried
aching
heartbroken
crushed
despair
tortured
lonely

ANGRY

resentful
irritated
enraged
furious
annoyed
inflamed
provoked
infuriated
offended
sullen
indignant
irate
wrathful
cross
sulky
bitter
frustrated
grumpy
boiling
fuming
stubborn
belligerent
confused
awkward
bewildered
FEARLESS
encouraged
courageous
confident
secure
independent
reassured
bold
brave
daring
heroic
hardy
excited
loyal
proud
impulsive

AFRAID

fearful
frightened
timid
wishy-washy
shaky
apprehensive
fidgety
terrified
panicky
tragic
hysterical
alarmed
cautious
shocked
horrified
insecure
impatient
nervous
dependent
anxious
pressured
worried
doubtful
suspicious
hesitant
dismayed
scared
cowardly
threatened
petrified
gutless

INTERESTED

concerned
fascinated
engrossed
intrigued
absorbed
tender
curious
inquisitive
inquiring
creative
sincere

DOUBTFUL

unbelieving
skeptical
distrustful
suspicious

dubious
uncertain
questioning
evasive
wavering
hesitant
perplexed
indecisive
hopeless
powerless
helpless
defeated
pessimistic

PHYSICAL

taut
uptight
immobilized
paralyzed
tense
stretched
hollow
empty
strong
weak
sweaty
breathless
nauseated
sluggish
weary
repulsed
tired
alive
feisty

AFFECTIONATE

close
loving
sexy
seductive
passionate
aggressive
appealing
warm