










# FEELINGS COLOR ZONES

						
RED ZONE	PINK ZONE	ORANGE ZONE	YELLOW ZONE	GREEN ZONE	BLUE ZONE	GRAY ZONE
<p><b>I feel...</b>            angry            mad            disappointed            annoyed            frustrated            furious            jealous            bitter</p>	<p><b>I feel...</b>            surprised            shocked            amazed            confused            excited</p>	<p><b>I feel...</b>            ashamed            embarrassed            guilty            rejected            disgusted            violated            unloved            disrespected</p>	<p><b>I feel...</b>            scared            worried            nervous            anxiety            terrified            vulnerable</p>	<p><b>I feel...</b>            joy            happy            calm            peaceful            hopeful            optimistic            excited            relieved            confident            proud            capable</p>	<p><b>I feel...</b>            sad            lonely            bored            disappointed            helpless            despair            devastated            grief</p>	<p><b>I feel...</b>            No feelings            I feel numb            I don't feel anything.</p>