

HOW DO YOU FEEL?



HAPPY



CONFUSED



HANGRY



ANXIOUS



ANGRY



SHAME



FRUSTRATED



LOVED



HURT



GUILTY



CALM



OVERWHELMED



ANNOYED



DISAPPOINTED



JOYFUL



SAD



EMBARRASSED



EXCITED



INSECURE



EXCLUDED



JEALOUS



LONELY



CONFIDENT



SCARED



BORED

AUSTIN
Therapy for Girls