



It is okay to feel...

nervous	calm	settled	surprised	scared	angry	frustrated	disappointed	depressed	dizzy
agitated	unsettled	annoyed	ashamed	worried	sad	excited	jealous	grateful	guilty
bored	concerned	confident	confused	embarrassed	happy	awesome	lonely	impulsive	insecure
hyper	curious	overloaded	humiliated	interested	lazy	lost	mean	shy	so-so
envious	fine	stubborn	vulnerable	out of control	panicked	proud	powerless	tense	terrified
tired	uncomfortable	something else	It is okay to feel feelings.		It is not okay to hurt people.		It is okay to plan ahead.		Make a list of things you can do to help manage your feelings.

