
Thoughts and Feelings Worksheet

Indicate whether each of the following statements is a thought or a feeling.

Thought

Feeling

1. I feel things will never get any better.
2. I feel like I'm a loser.
3. I feel depressed.
4. I feel you don't love me.
5. I feel sorry for you.
6. I feel angry.
7. I feel like you like me.
8. I feel calm.
9. I feel like a fifth wheel.
10. I feel unloved.
11. I feel like you shouldn't be so rude.
12. I feel so helpless.
13. I feel like I should be happy.
14. I feel so sure about that.
15. I feel pessimistic.
16. I feel rejected.
17. I feel included.
18. I feel unsure.
19. I feel happy.
20. I feel sad