



I feel _____ right now.

Podcast Episode 2

Date:

Pick the words you identify with today. Write about it, or share with a trusted and safe person the word(s) you picked.

- Accepted
- Adrift
- Afraid
- Alone
- Ambitious
- Angry
- Anxious
- Apprehensive
- Authentic
- Beauty
- Blah
- Blind-sided
- Broken
- Cared for
- Cold
- Complicated
- Conflicted
- Confused
- Crushed
- Disoriented
- Distant
- Distracted
- Drained
- Embrace
- Emerge
- Empty
- Encouraged
- Exhausted
- Exposed
- Fearful
- Fragile
- Foggy
- Free
- Frozen
- Furious
- Gentle
- Good
- Grief
- Guilt
- Happy
- Heartbroken
- Helpless
- Helpful
- Honest
- Hollow
- Hopeful
- Hopeless
- Humorous
- Hurt
- Impartial
- Inconsolable
- Intentional
- Insecure
- Invisible
- Joyful
- Known
- Let down
- Light
- Lonely
- Lost
- Love
- Motivated
- Nervous
- Numb
- Nurtured
- Open
- Openness
- Optimistic
- Pain
- Patient
- Peace
- Persistent
- Petrified
- Powerful
- Pro-active
- Protection
- Quiet
- Real
- Release
- Relief
- Reserved
- Robbed
- Safe
- Scared
- Seen
- Sensitive
- Shocked
- Soothed
- Sociable
- Stressed
- Stuck
- Strung
- Struggle
- Stupified
- Supported
- Thoughtful
- Tired
- Torn
- Tough
- Transparent
- Trust
- Truth
- Unheard
- Unseen
- Unrestrained
- Vulnerable
- Weak
- Weary
- Willing