

FEELINGS CHART

Happy	Sad	Angry	Scared	Confused	Strong	Weak
Satisfied	Depressed	Enraged	Timid	Puzzled	Empowered	Anemic
Elated	Hopeless	Annoyed	Uncertain	Distracted	Resilient	Fragile
Overjoyed	Helpless	Defensive	Worried	Troubled	Able	Powerless
Proud	Upset	Antagonised	Alarmed	Dazed	Secure	Vulnerable
Ecstatic	Rejected	Bitter	Cautious	Disoriented	Robust	Exhausted
Chirpy	Disappointed	Seething	Intimidated	Mixed-up	Tough	Hesitant
Blissful	Grief-stricken	Victimised	Panicky	Lost	Steadfast	Irresolute
Gleeful	Messed-up	Resentful	Terrified	Unsettled	Iron-willed	Decrepit
Sparkly	Let down	Provoked	Paralysed	Foggy	Fierce	Insubstantial
Playful	Unwanted	Sullen	Startled	Frustrated	Courageous	Insecure
Upbeat	Unlovable	Exasperated	Trapped	Baffled	Uncompromising	Unsteady
Thrilled	Worthless	Outraged	Shy	Complicated	Vehement	Debilitated
Excited	Pessimistic	Disgusted	Anxious	Perplexed	Independent	Wasted
Optimistic	Guilty	Irritated	Shaken	Disconcerted	Tenacious	Discarded

Why a FEELINGS chart?

Eating disorders are often used as a way to 'numb out' or avoid feeling emotions that are particularly distressing. This creates a disconnect between our minds and our bodies, just like what happens when we ignore our internal hunger and satiety cues.

Recovery requires us to allow ourselves to feel again, and to learn to build tolerance towards negative emotions. You may find this chart helpful, particularly if used in conjunction with an eating disorder specialist.