

How do you feel?

WWW.WHATSYOURGRIEF.COM

Angry

Alone

Scared

Forgotten

Lost

Sneaky

Ashamed

Annoyed

Surprised

Bored

Loving

Yucky

Brave

Loved

Shy

Confused

Nervous

Responsible

Grossed Out

Proud

Mean

Embarrassed

Sad

Disappointed

Jealous

Comfortably

Curious

Frustrated

Stupid

Kind

Happy

Uncomfortable

Excited

Hopeful

Worried

Grumpy

Hurt

Thankful

Mad

Joyful

Strong

Silly