



It's OK to Feel All the Feels

HOW ARE YOU? IT'S A QUESTION MOST OF US REPLY TO WITH AN "OK" OR "GOOD" OR "FINE." IMAGINE THE WAYS WE MIGHT REPLY! (THERE IS NO WRONG WAY TO FEEL!) →

JOYFUL EXCITED ENERGETIC CHEERFUL CREATIVE HOPEFUL

DARING FASCINATED STIMULATED AMUSED PLAYFUL

OPTIMISTIC POWERFUL FAITHFUL IMPORTANT APPRECIATED

RESPECTED PROUD AWARE CONFIDENT WORTHWHILE

DISCERNING VALUABLE SUCCESSFUL SURPRISED PEACEFUL

CONTENT THOUGHTFUL INTIMATE NURTURING TRUSTING

LOVING RELAXED PENSIVE RESPONSIVE SERENE SECURE

THANKFUL SAD GUILTY INFERIOR LONELY DEPRESSED

ASHAMED BORED TIRED REMORSEFUL STUPID ISOLATED

APATHETIC SLEEPY MAD HURT HOSTILE ANGRY FRUSTRATED

SELFISH HATEFUL CRITICAL DISTANT SARCASTIC IRRITATED

SKEPTICAL SCARED CONFUSED INSIGNIFICANT REJECTED

HELPLESS SUBMISSIVE ANXIOUS INSECURE INADEQUATE

BEWILDERED DISCOURAGED EMBARRASSED OVERWHELMED