

Feelings Vocabulary Chart



Aggressive



Angry



Arrogant



Bashful



Bored



Cautious



Confident



Confused



Curious



Disappointed



Disapproving



Disbelieving



Disgusted



Ecstatic



Enraged



Envious



Exasperated



Frustrated



Grieving



Guilty



Happy



Horrorified



Hurt



Jealous



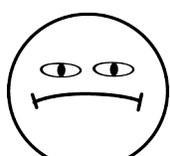
Joyful



Lonely



Miserable



Negative



Nervous



Optimistic



Regretful



Sad



Satisfied



Scared



Shocked



Stubborn



Surprised



Suspicious



Sympathetic



Undecided



Withdrawn

THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

- Talk to a friend on the telephone
- Go out and visit a friend
- Invite a friend to come to your home
- Text message your friends
- Organize a party
- Exercise
- Lift weights
- Do yoga, tai chi, or Pilates, or take classes to learn
- Stretch your muscles
- Eat your favorite ice cream
- Go for a walk in a park or someplace else that's peaceful
- Go get a haircut
- Sleep or take a nap
- Go outside and watch the clouds
- Go jog
- Ride your bike
- Go for a swim
- Go hiking
- Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
- Go to your local playground and join a game being played or watch a game
- Buy something on the internet
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall
- Get out of your house, even if you just sit outside
- Plan a trip to somewhere you've never been before
- Go to a spa
- Go to a library
- Go to a bookstore and read
- Go to your favorite café for coffee or tea
- Visit a museum or local art gallery
- Go to the mall or the park and watch other people; try to imagine what they're thinking
- Pray or meditate
- Go to your church, synagogue, temple, or other place of worship
- Join a group
- Write a letter to your higher power
- Cook your favorite dish or meal
- Cook a recipe that you've never tried before
- Take a cooking class
- Go out for something to eat
- Go outside and play with your pet
- Go borrow a friend's dog and take it to the park
- Give your pet a bath
- Go outside and watch the birds and other animals
- Find something funny to do, like reading the Sunday comics
- Visit fun Web sites and keep a list of them
- Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed)
- Go to the movies
- Watch television
- Listen to the radio
- Go to a sporting event, like a baseball game
- Play a game with a friend
- Play solitaire
- Play video games
- Go online to chat
- Visit your favorite Web sites
- Go shopping
- Do a puzzle with a lot of pieces
- Sell something you don't want on the internet
- Create your own Web site
- Join an internet dating site
- Buy something on the internet
- Get a massage
- Go for a drive in your car or go for a ride on public transportation
- Eat chocolate (it's good for you!) or eat something else you really like
- Sign up for a class that excites you at a local college, adult school or online
- Read your favorite book, magazine or newspaper
- Read a trashy celebrity magazine
- Write a letter to a friend or family member
- Write things you like about yourself on paper
- Write a poem, story, movie or play
- Write in your journal
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset