Recognizing My Feelings

*Check the box that best describes your feelings

I Feel…..	Usually	Often	Sometimes	Seldom	Never
Happy					
Bored					
Angry					
Loved					
Sad					
Accepted					
Friendly					
Afraid					
Lonely					
Peaceful					
Like Crying					
Disorganized					
Hopeful					
Sick					
Aggressive					
Stupid					
I don't care					
Confident					
Irritated					
Tired					
Carefree					
Like others are watching me					