



Name _____

Date _____

Zones	Emotions	Feelings	Sensations
High Zone (stressed) 3-2-1 			
MidZone I am Ok 1-2-3 			
Low Zone (Frozen) 3-2-1 			

List of Basic Emotions and feelings

Afraid		Vulnerable
Alone	Furious	Proud
Amazed	Glad	Relived
Angry	Grateful	Resentful
Annoyed	Grieving	Sad
Anxious	Hopeful	Scared
Ashamed	Hurt	Secure
Confident	Inadequate	Self-Conscious
Bored	Inferior	Shocked
Brave	Insecure	Sore
Bubbly	Inspired	Strong
Centered	Irritated	Stupid
Comfortable	Jealous	Suspicious
Confused	Joyful	Tender
Content	Lonely	Tense
Courageous	Lost	Terrified
Creative	Lovable	Trapped
Depressed	Loved	Uncomfortable
Determined	Loving	Weak
Disgusted	Miserable	Worried
Eager	Motivated	Worthless
Embarrassed	Nervous	Withdrawn
Energized	Overwhelmed	Unhappy
Excited	Peaceful	Curious
Frustrated	Pleased	Grumpy

List Sensations: Achy, airy, breathless, cold, bubbly, dizzy, empty, fainty, fatigue, flat, flow, fluid, foggy, frozen, heavy, hot, isolated, light, lightheaded, numb, rushed, teary, tingly, withdraw, hole, sore, shaky, sweaty, nauseated, dizzy, twitchy, dark, trembly, fiery, tingly, antsy, full, burning, tight, clench, knotted, nauseated, raw, sensitive, sore, bruised, Warm, soft, fluffy, floaty, itchy, smooth air-flow