I FEEL _____ RIGHT NOW.

This list will help you to start putting together sentences out of what is jumbled in our heads and hearts. Pick the words you identify with today. Write about it, or share with a trusted and safe person the word(s) you picked.

- Accepted
- Adrift
- Afraid
- Alone
- Ambitious
- Angry
- Anxious
- Apprehensive
- Authentic
- Beauty
- Blah
- Blind-sided
- Broken
- Cared for
- Cold
- Complicated
- Conflicted
- Confused
- Crushed
- Disoriented
- Distant
- Distracted
- Drained
- Embrace
- Emerge
- Empty
- Encouraged
- Exhausted
- Exposed
- Fearful
- Fragile
- Foggy
- Furious
- Gentle
- Good
- Grief
- Guilt
- Happy
- Heartbroken
- Helpless
- Helpful
- Honest
- Hollow
- Hopeful
- Hopeless
- Humorous
- Hurt
- Impartial
- Inconsolable
- Intentional
- Insecure
- Invisible
- Joyful
- Known
- Let down
- Light
- Lonely
- Lost
- Love
- Motivated
- Nervous
- Numb
- Open
- Optimistic
- Pain
- Patient
- Peace
- Persistent
- Petrified
- Powerful
- Pro-active
- Protection
- Quiet
- Real
- Release
- Relief
- Reserved
- Robbed
- Safe
- Scared
- Seen
- Sensitive
- Shocked
- Soothed
- Sociable
- Stressed
- Stuck
- Strung
- Struggle
- Stupified
- Supported
- Thoughtful
- Tired
- Torn
- Tough
- Transparent
- Trust
- Unheard
- Unseen
- Unrestrained
- Vulnerable
- Weak
- Weary
- Willing