



Happy, Calm, Mad, Sad, Scared

- Excited, energetic, cheerful, pleased, hopeful, sensuous, amused, playful
- Content, relaxed, thoughtful, serene
- Angry, hostile, irritated, frustrated, hurt, jealous, envious
- Guilty, ashamed, depressed, lonely, bored, tired, apathetic
- Confused, anxious, embarrassed, overwhelmed, fearful

- Appreciated, important, valuable, respected, worthwhile
- Loved, trusted, gracious, comforted, contained
- Patronized, provoked, manipulated, harassed, pushed, betrayed, misled
- Stupid, inferior, ignored, neglected, inadequate, left out
- Humiliated, degraded, dismissed, rejected, unimportant, bullied, attacked

Feelings Whale

Caudal Fin (Tail): our core feelings that propel us

Pectoral Fins: words we use to guide and describe our core feelings

Blow Hole: our projections; words we use to judge or blame others for how we feel