

# Distress Checklist

## How do You Feel? "I feel..."

Check or circle the word that describes how you feel lately.

afraid  
agony, in  
alarmed  
alienated  
angry  
anxious  
appalled  
apathetic  
apprehensive  
awkward  
bewildered  
burdened  
cheated  
confused  
cowardly  
crushed  
cut off  
defeated  
dejected  
depressed  
deprived  
deserving punishment  
desperate  
despondent  
devastated  
disappointed in others  
disappointed in self  
disgusted  
disheartened  
disillusioned  
dissatisfied  
dominated  
downhearted  
embarrassed

envious  
exasperated  
frantic  
frustrated  
furious  
grieved  
grief-stricken  
guilty  
heartbroken  
hopeless  
horrified  
humiliated  
hurt  
hysterical  
immobilized  
inadequate  
incompetent  
indignant  
inferior  
insane  
insecure  
irritated  
jittery  
lonely  
manipulated  
misunderstood  
offended  
oppressed  
out of control  
overlooked  
overwhelmed  
panic-stricken  
paralyzed  
persecuted

pessimistic  
perplexed  
pressured  
provoked  
regretful  
rejected  
remorseful  
ridiculed  
repulsed  
repulsive  
resentful  
sad  
shameful  
shocked  
sorry  
sorry for self  
sorrowful  
spiteful  
terrified  
threatened  
torn up  
troubled  
unappreciated  
uncertain of others  
uncertain of self  
uptight  
used  
unsettled  
victimized  
weary of living  
weepy  
wishy-washy