

YOUR FEELINGS

Conversation Cheat Sheet

Create Your
FREE Lifetime
Account

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Common Feelings



How are you doing?



I'm ~.



1. angry



2. anxious



3. bored



4. disgusted



5. embarrassed



6. great



7. happy



8. horrified



9. in love



10. lonely



11. sad



12. scared

Extra Practice!

You look tired.

I'm not tired. I'm...

Feeling Positive



active

calm

energetic

funny

honest

hopeful

interested

kind

proud

relaxed

satisfied

surprised

Feeling Negative

annoyed

confused

disappointed

exhausted

frightened

frustrated

miserable

nervous

silly

terrible

upset

worried



Expressing Yourself

I'm a little sad.

I'm anxious today.

I'm super happy.

I'm angry at him.

I'm excited for tomorrow.

I'm annoyed by what's happened.

I was embarrassed yesterday.

I'm feeling great today!

I'm frustrated.