Nedra Glover Tawwab

Feeling Identification Worksheet

Feelings are an emotional state of being. In this worksheet, you will learn to name, understand the meaning of feelings, and how to connect your life experiences to your feelings.

Overwhelmed: To do more than you feel capable of doing typically without any perceived help. Describe a time when you have felt overwhelmed:

Frustrated: To express distress and annoyance, especially because of an inability to change or achieve something. Describe a time when you have felt frustrated:

Embarrassed: To cause shame or to make uncomfortably self-conscious. Describe a time when you have felt embarrassed:

Jealous: Feeling or showing envy of someone or their achievements and advantages. Describe a time when you have felt jealous:

Anxious: Experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome. Describe a time you felt anxious:

When was the last time you felt lonely?

What's the last situation that lead to you feeling hurt?

What feeling do you feel most often?

What feeling is the most difficult for you to feel?

What feeling do you talk about most often?