

Feelings Scale + Positive Coping Mechanisms

When emotions feel overwhelming, it can be difficult to identify what we are feeling or determine how to respond. This chart can help you recognize and understand your emotions, while providing guidance for making thoughtful choices when emotions feel especially heavy.

	LOWS	HOW AM I BEHAVING?	WHAT CAN I DO ABOUT IT?
Angry Agitated Devastated Frightened Furious Jealous Stressed Out		I am... arguing, refusing, shutting down, yelling, lashing out, getting physical	I can... walk away  I can... meditate  I can... move my body  I can... rest  I can... talk to someone 
Bored Disappointed Lonely Sad Shy Sick Tired		I am... disengaged, crying, withdrawn, slowed down, apathetic, depressed	I can... stretch my body  I can... get some fresh air  I can... listen to music  I can... work on a hobby  I can... talk to a friend 
Confused Embarrassed Excited Irritated Nervous Silly Worried		I am... pacing, hyper, clingy, being avoidant, overstimulated, anxious	I can... try again  I can... choose peace  I can... seek help  I can... take a break  I can... drink some tea 
Confident Fine Focused Happy Hopeful Peaceful Proud		I am... smiling, relaxed, engaged, laughing, attentive, enjoying myself	I can... smile & practice gratitude  I can... make a gratitude list  I can... get some steps in  I can... work on my goals  I can... share the joy 

HIGHS