









My Feelings Dictionary

Feeling	Definition	Emoji
Admiring	When I feel respect and warm approval	
Anxious	When I feel worried or scared of what may happen	
Appreciative	When I'm thankful for something or someone	
Assured	When I think and feel that I can do something well	
Betrayed	When someone broke my trust,	
Calm	When I feel calm and in control of my feelings	
Compassionate	When I want to help someone who is sick, hungry, hurt or in trouble	
Delighted	When something makes me very happy	
Disillusioned	Disappointed in someone or something when you find out it's not as great as you thought	
Frustrated	When I am very angry or upset because I'm not able to do or complete something	
Inspired	When I want to do something	
Intrigued	When I become curious or fascinated by something	