

Taking Stock

Do you feel - ? (the 'goal' feeling)

Always

Often

Sometimes

Never

Terrified	Unafraid
Scared	Confident
On edge, jumpy, "nervy"	Laid-back and easy-going
Always alert for his moods / changes	Careless of his moods
Exhausted	Energized
Tired	Strong
Confused	Clear-minded
Wonder if you're going crazy	Security and certainty of yourself
Depressed	Joyful
Sad	Happy
Worried	Relaxed and Comforted
Helpless and hopeless	Capable and cheerful
Suicidal "is it all worth it?"	Healthful
Numb or 'shut-off'	Compassionate and lively
Furious, seething, boiling	Gentle
Angry	Peaceful
Irritated	Untroubled

Which feelings stand out the most ?

These questions may help you to take stock of your own feelings, and to recognise and articulate these feelings to a trusted friend, family member or counsellor.

