

# TEA & EMPATHY

## Find Your Feelings

Put circles around the things you are feeling  
and boxes around the things you want to feel.

Abundance	Devastated	Hurt	Resilient
Acceptance	Dignified	Impatient	Respected
Affection	Disappointed	In Pain	Safe
Afraid	Disconnected	Ineffective	Satisfied
Agency	Discouraged	Insecure	Seen
Angry	Doubt	Intimacy	Self-Loving
Anxious	Drained	Invisible	Settled
Appreciated	Dread	Irritated	Sh*tty
Authentic	Ease	Jealous	Shame
Autonomous	Efficient	Joy	Shared Reality
Awkward	Embarrassed	Judged	Significant
Belonging	Existential Angst	Lonely	Solitude
Bored	Fatigued	Longing	Stressed
Brave	Flat	Lost	Structure
Broken	Focused	Love	Stuck
Calm	Foolish	Misunderstood	Supported
Celebration	Forgiveness	Motivated	Surprised
Certainty	Free	Outraged	Suspicious
Closure	Frustrated	Overwhelmed	Tender
Comfortable	Fun	Partnered	Torn
Community	Grieving	Passion	Trust
Competent	Growth	Patient	Uncertain
Concerned	Guilty	Powerful	Understood
Confident	Harassed	Powerless	Undervalued
Confused	Harmonious	Present	Unfocused
Connection	Healthy	Pressure	Unprepared
Creative	Helpful	Purpose	Unresolved
Curious	Honesty	Regretful	Unsafe
Delighted	Hopeful	Relief	Validated
Depressed	Humiliated	Resentful	Vulnerable

