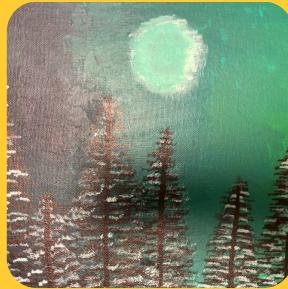


# FEELING WORDS



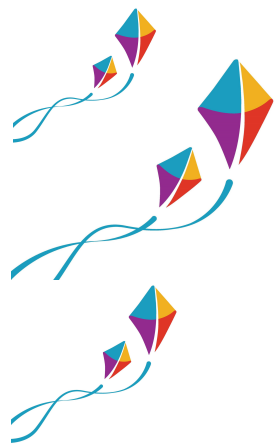
overwhelmed  
sad  
jealous  
hopeful  
apprehensive  
supportive  
hopeless  
supported  
engaged  
left-out  
worried  
anxious  
frustrated  
insulted  
bitter  
offended  
relaxed  
content  
bored  
amused  
reflective  
strong, weak  
prepared  
alarmed  
embarrassed



proud  
guilty  
assertive  
bewildered  
bold  
carefree  
comfortable  
confused  
caring  
delighted  
curious  
courageous  
disappointed  
driven  
productive  
friendly  
greatful  
homesick  
grumpy  
hurt  
fulfilled  
sleepy  
nervous  
excited



insightful  
inspired  
lazy  
melancholy  
modest  
numb  
optimistic  
paranoid  
patient  
powerless  
relieved  
ruthless  
satisfied  
sentimental  
stubborn  
stuck  
suspicious  
tense  
thankful  
tolerant  
thrilled  
upset  
vulnerable  
worthy



# COMMUNITY MEETINGS

Strengthens relationships by providing a safe space for everyone's voice to be heard while promoting healthy expression and management of feelings.

How  
are you  
feeling?

What is  
your  
goal?

Who can  
help  
you?

## Questions with purpose

- identifying and sharing our feelings
- future oriented
- setting intention helps us to get unstuck
- caring for each person and group as a whole

## Tips

- It's important each person participate by answering and asking each question, passing only occasionally.
- Remember there are no bad emotions so non-judgmental, and to accept all emotions without explanation.
- Despite being uncomfortable at first, keep going, because healthy communication takes practice.
- The goal doesn't have to be related to any particular group or day.
- Recognizing that there are times we all need help. The support person does not need to be related to your goal.

To help, heal, and inspire hope