Feelings Color Zones

Red Zone	Pink Zone	Orange Zone	Yellow Zone	Green Zone	Blue Zone	Grey Zone
I feel angry. I feel mad. I feel disappointed. I feel annoyed. I feel frustrated. I feel furious. I feel jealous. I feel bitter.	I feel surprised. I feel shocked. I feel amazed. I feel confused. I feel excited.	I feel ashamed. I feel embarrassed. I feel guilty. I feel rejected. I feel disgusted. I feel violated. I feel unloved. I feel disrespected.	I feel scared. I feel worried. I feel nervous. I feel anxious. I feel terrified. I feel vulnerable.	I feel joy. I feel happy. I feel calm. I feel peaceful. I feel hopeful. I feel optimistic. I feel excited. I feel relieved. I feel confident. I feel proud. I feel capable.	I feel sad. I feel lonely. I feel bored. I feel disappointed. I feel helpless. I feel despair. I feel devastated. I feel grief.	No feelings. I feel numb. I don't feel anything.