

Feelings Action Sheet

My feelings action sheet is based on Dr. Gloria Willcox's "The Feelings Wheel," find it [here](#). I have replaced the outer ring of definitions with Bible references to encourage your faith.

sad



Tired - Matthew 11:28
Bored - Colossians 3:23-24
Lonely - Isaiah 41:10
Depressed - Psalms 34
Ashamed - Psalms 119:80
Guilty - Hebrews 10:22

joyful



Excited - Psalms 150
Inspired - 2 Timothy 3:16
Energetic - Philippians 3:14
Cheerful - Proverbs 17:22
Creative - Exodus 35:30-35
Hopeful - Hebrews 6:19

mad



Hurt - Luke 6:28
Annoyed - John 16:33
Angry - Ephesians 4:26
Selfish - 1 Corinthians 13:4-5
Hateful - 1 John 4:19-20
Critical - Ephesians 4:29

powerful



Confident - Romans 8:28
Proud - 2 Timothy 4:7
Respected - Titus 2:7
Appreciated - Matthew 10:31
Important - Ephesians 2:10
Faithful - 1 Corinthians 10:13

scared



Confused - Psalms 91
Rejected - 1 Peter 2:9-10
Helpless - Psalms 10:17
Submissive - Matthew 5:5
Insecure - Philippians 4:6-7
Anxious - Philippians 4:8-9

peaceful



Nurturing - Matthew 5:9
Trusting - Proverbs 3:5-6
Loving - John 13:34-35
Satisfied - Luke 6:21
Thoughtful - Colossians 3:2
Content - 1 Timothy 6:6

I pray this action sheet will help you understand and embrace your emotions as a gift from God to enhance and experience all the joys and wonders of this life!



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