

How Much Do We Have in Common? A Feelings Checklist

Game rules: Split up into pairs. Print two copies of this list and fill them out separately. Check off only two feelings in each field, or write in your own. When you're done, share your list and talk about your choices.

When something big is coming up, I feel ...

- ☐ joyful
- ☐ euphoric
- ☐ ecstatic
- ☐ stoked
- ☐ glowing
- ☐ overwhelmed
- ☐ relaxed
- ☐ calmly optimistic
- ☐ unsure
- ☐ frozen
- ☐ adventurous
- ☐ self-confident
- ☐ unstoppable
- ☐ impatient
- ☐ _____
- ☐ _____

When I love someone, I feel ...

- ☐ defenseless
- ☐ muddled
- ☐ confused
- ☐ committed
- ☐ wide awake
- ☐ emotional
- ☐ sensual
- ☐ open
- ☐ connected
- ☐ cheerful
- ☐ warm and fuzzy
- ☐ vulnerable
- ☐ suspicious
- ☐ touchy
- ☐ expectant
- ☐ strong
- ☐ eager
- ☐ _____
- ☐ _____

When I'm interested in something, I feel ...

- ☐ curious
- ☐ inspired
- ☐ open-minded
- ☐ greedy
- ☐ obsessed
- ☐ motivated
- ☐ restless
- ☐ fidgety
- ☐ focused
- ☐ totally absorbed
- ☐ _____
- ☐ _____

When I'm happy, I feel ...

- ☐ like dancing
- ☐ lost in thought
- ☐ bright and cheerful
- ☐ loud
- ☐ introverted
- ☐ extroverted
- ☐ wired
- ☐ strong
- ☐ lighthearted
- ☐ full of energy
- ☐ a little crazy
- ☐ restless
- ☐ flirtatious
- ☐ playful
- ☐ high-spirited
- ☐ _____
- ☐ _____

When I'm thankful, I feel ...

- ☐ touched
- ☐ motivated
- ☐ small and foolish
- ☐ attracted
- ☐ empowered
- ☐ insightful
- ☐ uplifted
- ☐ prayerful
- ☐ dependent
- ☐ humbled
- ☐ _____
- ☐ _____

