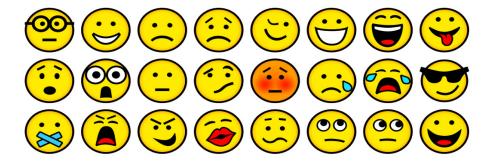
## **CBSST: Emotions**

## **SOME UNPLEASANT FEELINGS**

Sad **Bored Afraid** Guilty **Tired Angry** Hurt **Betrayed** Rejected **Anxious** Frustrated Lonely Defeated Disappointed Worried Overwhelmed

## **SOME PLEASANT FEELINGS**

Нарру **Productive** Loved Understood Liked Relieved Useful Peaceful Acknowledged Worthy Caring Optimistic Rested Assertive Satisfied **Excited** 



Adapted from the Minneapolis VA CBSST Manual