

## CBSST: Emotions

### SOME UNPLEASANT FEELINGS

Sad  
Afraid  
Tired  
Hurt  
Rejected  
Frustrated  
Disappointed  
Worried

Bored  
Guilty  
Angry  
Betrayed  
Anxious  
Lonely  
Defeated  
Overwhelmed

### SOME PLEASANT FEELINGS

Happy  
Loved  
Liked  
Useful  
Acknowledged  
Caring  
Assertive  
Satisfied

Productive  
Understood  
Relieved  
Peaceful  
Worthy  
Optimistic  
Rested  
Excited



Adapted from the Minneapolis VA CBSST Manual