

Name: \_\_\_\_\_

# Searching For My Emotions!

W T H O U G H T F U L T S G B P Z B Y D X W M R  
U A X B T H X R W J A C E H N X J R C A R I N G  
C C G X N O S Y S S Z E C V T P O E A R G P W K  
G O R X S S A F L J N E R T H B P L S U Y A X E  
D M Y Y I R D R H B Z L E L E D X I S S L C F C  
Q F O Q C H Z U V O R M T P R C O E E J G O E E  
T O S O O Z K S F L U C I R A Y R V R Q K O Q X  
P R I D W Z J T Z C N R V Y P Z D E T W K L D C  
S T L H U Q Z R L B T E E B Y R T D I U J E J I  
N A L H B U Z A O V P R C O P I N G V J Z A U T  
P B Y L E Y E T N B G S I N P K B V E Q W J K E  
O L I P M M X E E M D D I S A P P O I N T E D D  
O E K I N D H D L A S H A M E D R O Z G D M H O  
Z P B T X F S I Y R J L R Y I N C L U D E D P F  
T O X D A N A N X I O U S P C O W F M L O E K T  
M O C E R E X H U N C O M F O R T A B L E S I E  
B N M O I H A E Z C J R U T C K K Y A X Y U D G  
V X Q Z E L E R Q A J P A R N V H C D V W R R M  
T P R O U D V E X L O K L B V T A I R C R P T O  
B S W A I N D L Z M N Z Q Z E G P L O M L R P A  
D I V B P M B A A I E X L X Y K P L H E E I F L  
W U J B U D C X Q N J Z V U A S Y F N T M S M B  
V D L A N X X E X B V Z D X A A N G R Y P E I Q  
X T V R H G B D U P S E T C V K D W B T K D B Z

- |               |              |             |            |            |
|---------------|--------------|-------------|------------|------------|
| uncomfortable | disappointed | comfortable | frustrated | thoughtful |
| assertive     | secretive    | surprised   | included   | relieved   |
| anxious       | ashamed      | excited     | relaxed    | therapy    |
| caring        | coping       | lonely      | angry      | happy      |
| proud         | silly        | upset       | calm       | cool       |
| kind          | sad          |             |            |            |