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**Name**

# Introduction to the PATHS Feelings Dictionary

Feelings are very important, and we have them all of the time. Our feelings are signals sent from our brains that tell us what is going on around us and inside of us. We all have feelings, but we have to pay attention to our feeling signals and think about them in order to understand them.

Knowing the words for feelings is very useful. It's why we wrote this dictionary. In this dictionary, there are many different feeling labels and faces. These are the ones that were learned in PATHS classes during second grade.

When you want to label how you are feeling, try to go inside yourself and think hard about how you feel. Try to search for clues like a detective to discover what is going on inside your mind and body. Try asking yourself, "How do I feel right now? What is going on?" Once you have identified the feelings, try to think of the words that best describe these feelings. When you can't identify a feeling, it sometimes helps to just look through the dictionary until you find a word that helps you identify it.

We hope that you will learn a lot about feelings and have fun using your Feelings Dictionary!

## More about Feelings

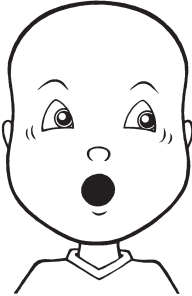
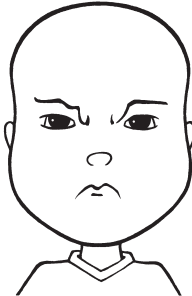
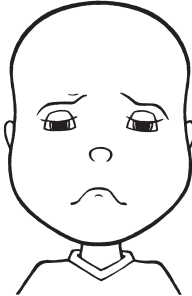
All feelings are OK to have. There is no such thing as a "bad feeling," but there are certainly many painful feelings. Some feelings feel comfortable, some uncomfortable, and some both at the same time. Some feelings make us want to be active, and some make us want to be quiet or inactive. What we do when we have different feelings (that is, our behaviors) may be OK or not OK, but the feelings themselves are fine and important to have.

One thing you might already know about feelings is that many feelings have facial expressions that go with them, and many feelings don't. You might also know that we can feel many different feelings at the same time. Some feelings feel stronger than others. Some feelings last a long time and others don't. Feelings can change. Sometimes we can hide our feelings from other people. There are certainly a lot of things to know about feelings!

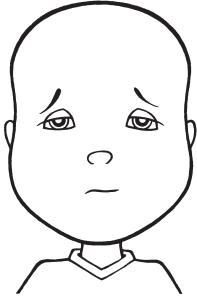
People have the same feelings whether they are kids or adults or boys or girls. Many animals have feelings too. People are special because they can think about and understand what their feelings are telling them. We can also understand other people better by paying attention to their feelings.

We can decide if we want to or don't want to pay attention to our feelings. If we don't pay attention to our feelings, we will still have them, but we won't know much about them. By paying attention to our feelings and knowing about them, we can have much more control over our behaviors and our lives.

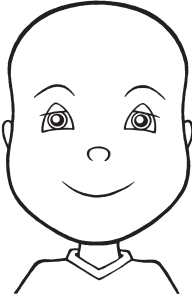
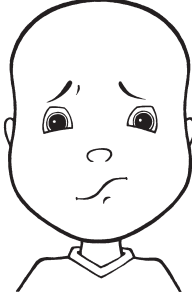
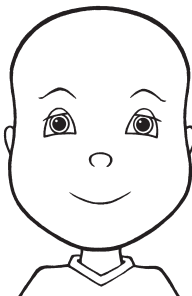
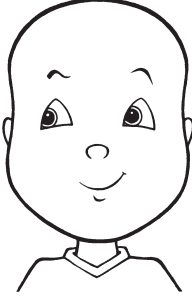
# A

	<p><b>Afraid</b></p>	<p>u.</p>
<p>When we feel fearful, frightened or scared about something</p>		
	<p><b>Angry</b></p>	<p>u.</p>
<p>When we can't do what we want to do, or when someone is mean to us or hurts us</p>		
	<p><b>Ashamed</b></p>	<p>u.</p>
<p>When we do something wrong or foolish and we feel badly about it.</p>		

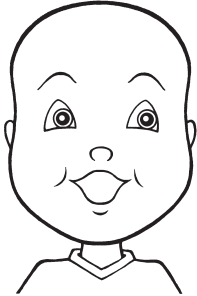
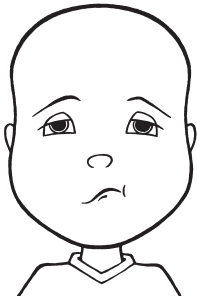
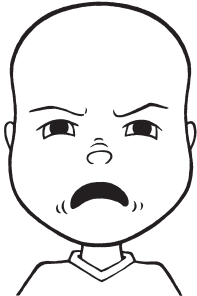
# B

	<b>Bored</b>	u.
	<p><i>When something is dull or tiresome</i></p>	
	<p><i>or there is nothing to do and we</i></p>	
	<p><i>are not interested in anything</i></p>	

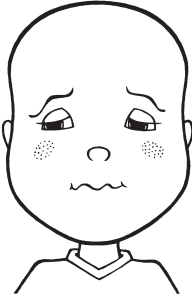
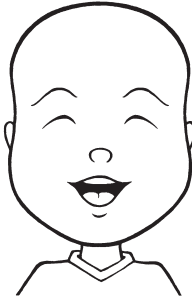
C

	<p><b>Calm</b></p>	<p>c.</p>
	<p>When we feel peaceful, safe and quiet inside learn about something</p>	
	<p><b>Confused</b></p>	<p>u.</p>
	<p>When we don't understand something or we feel uncertain and mixed up</p>	
	<p><b>Content</b></p>	<p>c.</p>
	<p>When we feel happy with who we are or with what we have</p>	
	<p><b>Curious</b></p>	<p>c.</p>
	<p>When we are eager to know or learn about something</p>	

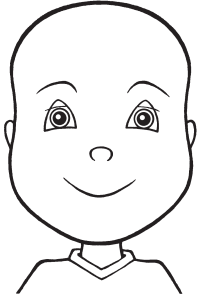
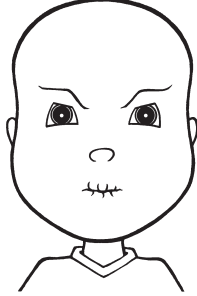
# D

	<p><i>Delighted</i></p>	<p><i>c.</i></p>
	<p><i>When we feel extremely pleased,</i></p>	
	<p><i>happy and joyful</i></p>	
	<p><i>Disappointed</i></p>	<p><i>u.</i></p>
	<p><i>When something doesn't happen</i></p>	
	<p><i>the way we hoped for, or we don't</i></p>	
	<p><i>get something we want</i></p>	
	<p><i>Disgusted</i></p>	<p><i>u.</i></p>
	<p><i>When we really dislike something</i></p>	
	<p><i>and think it's terrible or gross</i></p>	

# E

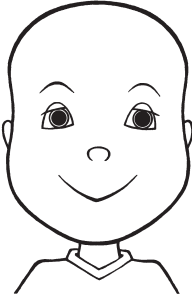
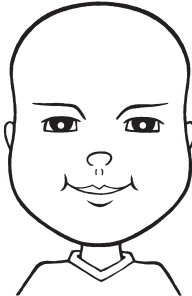
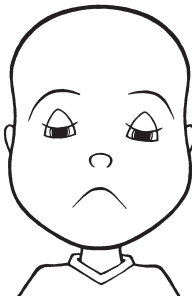
	<i>Embarrassed</i>	<i>u.</i>
	<i>When we make mistakes or do</i>	
	<i>something foolish that we think</i>	
	<i>others will laugh at or judge</i>	
	<i>Excited</i>	<i>c.</i>
	<i>When we feel eager or enthusiastic</i>	
	<i>about something</i>	

# F

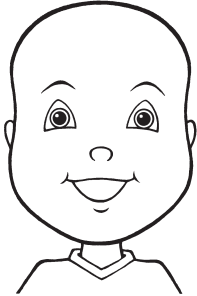
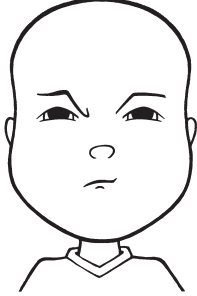
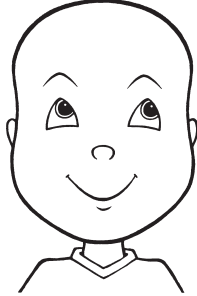
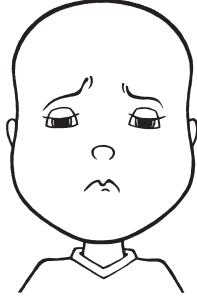
	<p><i>Fine</i></p>	<p><i>c.</i></p>
<p><i>When everything is all right or OK</i></p>		
<p><i>and nothing is bothering us</i></p>		
	<p><i>Frustrated</i></p>	<p><i>u.</i></p>
<p><i>When we try very hard to do or get</i></p>		
<p><i>something and it doesn't work out</i></p>		
<p><i>the way we wanted it to</i></p>		



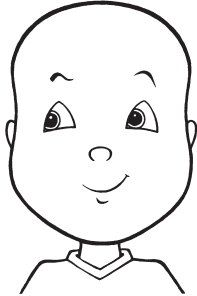
# G

	<p><b>Generous</b></p>	<p>c.</p>
<p>When we care about how others feel and we want to share with and give to other people</p>		
	<p><b>Greedy</b></p>	<p>n.</p>
<p>When we are selfish and we want to have as much as we can for ourselves; we don't want to share</p>		
	<p><b>Guilty</b></p>	<p>n.</p>
<p>When we do something we're not supposed to do feel bad inside about it</p>		

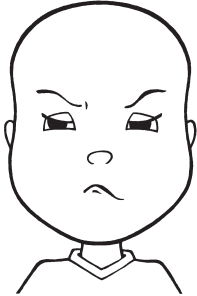
# H

	<p><i>Happy</i></p>	<p><i>c.</i></p>
<p><i>When we are glad about something or we really enjoy something</i></p>		
	<p><i>Hate</i></p>	<p><i>u.</i></p>
<p><i>When we feel very strongly about not liking something</i></p>		
	<p><i>Hopeful</i></p>	<p><i>c.</i></p>
<p><i>When we really want or wish for something</i></p>		
	<p><i>Humiliated</i></p>	<p><i>u.</i></p>
<p><i>When we feel ashamed, embarrassed and sad because of something we did or something someone said</i></p>		
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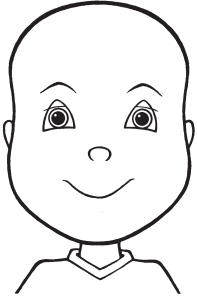
**I**

	<p><i>Interested</i></p>	<p><i>c.</i></p>
	<p><i>When we really want to know or</i></p>	
	<p><i>learn about something</i></p>	
	<p> </p>	

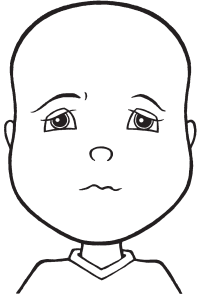
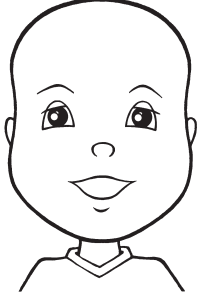
# J

	<i>Jealous</i>	<i>u.</i>
	<i>When we wish we had something</i>	
	<i>someone else has, or that we could</i>	
	<i>be like somebody else</i>	

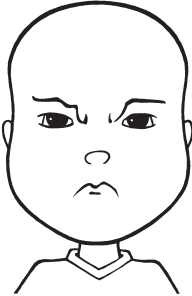
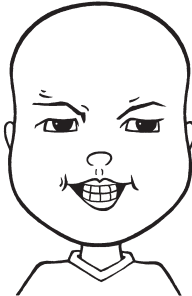
K

	<i>Kind</i>	<i>c.</i>
	<i>When we are nice, friendly or</i>	
	<i>generous to others</i>	

L

	<p><i>Lonely</i></p>	<p><i>u.</i></p>
	<p><i>Love</i></p>	<p><i>c.</i></p>

M

	<p><i>Mad</i></p>	<p><i>n.</i></p>
<p><i>When we feel angry because we can't do what we want to do</i></p>		
	<p><i>Malicious</i></p>	<p><i>n.</i></p>
<p><i>When we want to hurt other people on purpose and we feel happy about it</i></p>		

# Feelings Dictionary

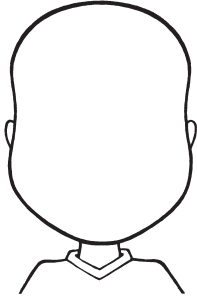
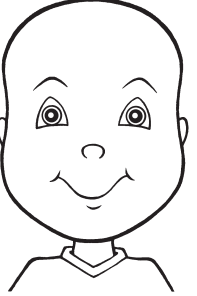
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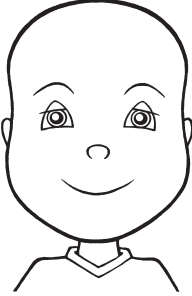


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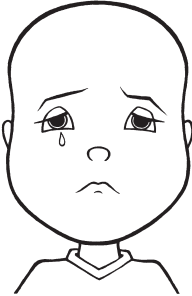
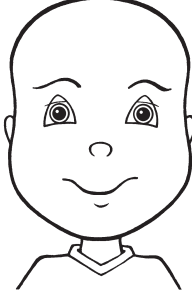
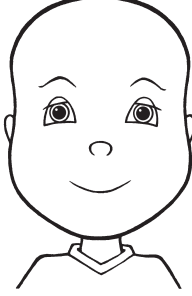
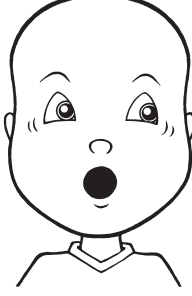
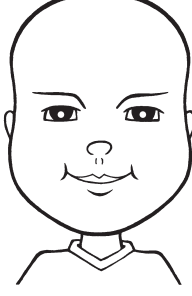
	<p><i>Private</i></p>	<p><i>u. and c.</i></p>
	<p><i>Proud</i></p>	<p><i>c.</i></p>
	<p><i>When we want to keep our feelings to ourselves or we feel we need some time alone</i></p>	
	<p><i>When we do something well and we feel worthwhile and good about it—we can also be proud of others</i></p>	

Q

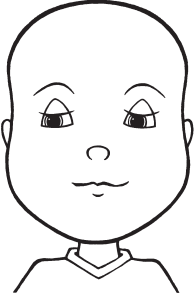
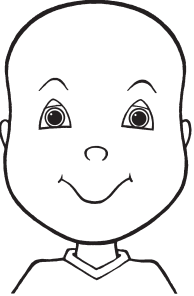
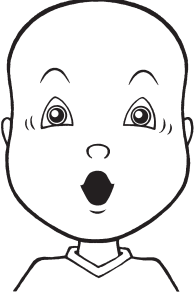
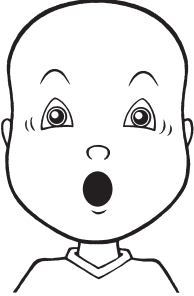

R

	<i>Relaxed</i>	<i>c.</i>
	<i>When we rest and enjoy feeling</i>	
	<i>calm and comfortable</i>	

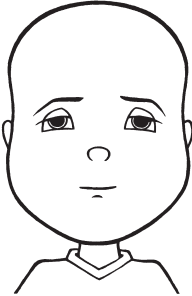
S

	<p><b>Sad</b></p>	<p>u.</p>
<p>When something bad happens or someone hurts us and we feel unhappy</p>		
	<p><b>Safe</b></p>	<p>c.</p>
<p>When we feel we are free from danger and everything is OK</p>		
	<p><b>Satisfied</b></p>	<p>c.</p>
<p>When we are happy and content with what we have or with who we are</p>		
	<p><b>Scared</b></p>	<p>u.</p>
<p>When we feel frightened, fearful or afraid about something</p>		
	<p><b>Selfish</b></p>	<p>u.</p>
<p>When we put our own needs and wants first and think of ourselves before others</p>		

S

	<p><i>Shy</i></p>	<p><i>u.</i></p>
<p><i>When we are afraid to be around other people or when we have to do something that other people watch</i></p>		
	<p><i>Sure</i></p>	<p><i>c.</i></p>
<p><i>When we feel certain about something or we know what we are doing</i></p>		
	<p><i>Surprised</i></p>	<p><i>c.</i></p>
<p><i>When something happens that we don't expect</i></p>		
	<p><i>Surprised</i></p>	<p><i>u.</i></p>
<p><i>When something happens that we don't expect</i></p>		

T

	<i>Tired</i>	<i>n.</i>
	<i>When we feel really worn out or</i>	
	<i>out of energy</i>	

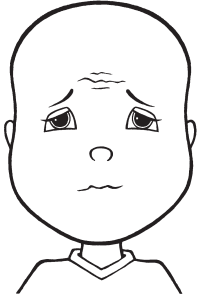
4




# Feelings Dictionary




# W

	<i>Worried</i>	<i>u.</i>
	<i>When we don't know what will</i>	
	<i>happen in the future and we</i>	
	<i>feel uneasy</i>	




# Feelings Dictionary

✓


Z
