



JoshNeuer.com

Express Yourself

Words to help express our feelings

HAPPY, glad, satisfied, pleased, positive, light, content

CARED FOR, secure, comforted, relieved, confident, assertive

EXCITED, motivated, confident, talkative, energetic, passionate,

SURPRISED, taken back, amazed, shocked, alarmed

ANXIOUS, overwhelmed, afraid, nervous, burdened, worried, fearful

ANGRY, offended, resentful, bitter, provoked, controlled

ALONE, grieved, invisible, forgotten, overlooked, abandoned, rejected

SAD, unhappy, disturbed, grieved, heavy, hopeless

EMBARRASSED, humiliated, exposed, ashamed, manipulated

HOPEFUL, assured, confident, forward looking, trustful, inspired



Josh Neuer
counselor