

DESCRIBING EMOTIONS

I feel...

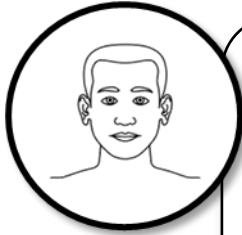
| | | | |
|--------------|--------------|------------|----------------|
| bored | accomplished | annoyed | aggravated |
| confused | calm | anxious | aggressive |
| disappointed | content | escalated | angry |
| discouraged | energized | emotional | disgusted |
| embarrassed | happy | excited | disrespected |
| exhausted | hopeful | frightened | frustrated |
| lonely | loved | impatient | furious |
| sad | motivated | insecure | helpless |
| sick | relaxed | sensitive | hostile |
| tired | rested | startled | out of control |
| unmotivated | successful | stressed | overwhelmed |
| withdrawn | thankful | worried | unstable |

...and I need...

- » a break
- » acceptance
- » a change
- » acknowledgement of my feelings
- » a hug
- » alone time
- » celebration
- » comfort
- » distraction
- » encouragement
- » patience
- » personal space
- » quiet
- » to rest
- » something fun to do
- » something to look forward to
- » time to think
- » support
- » to not be alone
- » understanding
- » you to talk me through this

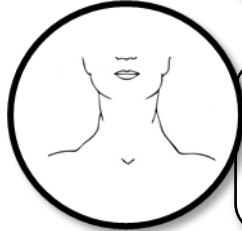
DESCRIBING PHYSICAL FEELINGS AND SYMPTOMS

HEAD:



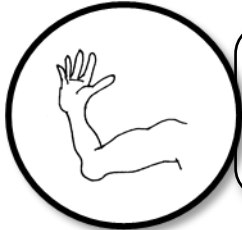
- headache
- ear ache
- tooth ache
- stuffy nose/nasal congestion
- sinus pressure (pain/pressure in face)
- dizzy/lightheaded

NECK:



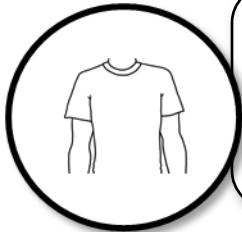
- sore throat/pain when swallowing
- post nasal drip (mucus in the throat)
- reflex (burning feeling in throat)

**ARMS +
SHOULDERS:**



- sore muscles
- tingling in hands/fingers
- numbness (can't 'feel' hands/fingers)

CHEST:



- racing heartbeat
- tight chest
- shallow/short breaths
- sore or achy muscles

**STOMACH +
GROIN:**



- nauseous
- gassy
- bloated/stomach too full
- sore or achy muscles
- stomach cramps
- pain when using the bathroom
- itchy

LEGS + FEET:



- sore muscles
- tingling in legs/feet
- numbness (can't 'feel' legs/feet)