

Feelings Check List

"I feel..."

The following list contains negative feelings that all of us feel from time to time. Whenever you are "feeling" any of these emotions it is good to remember that we are responsible for the thoughts behind these emotions. Our thoughts and beliefs actually create these unhealthy emotions. There is a thought behind every negative feeling. Correct the thoughts and bring them in line with scripture and the emotions will follow. When we are feeling sad /mad we are thinking sad/mad.

<input type="checkbox"/> abused	<input type="checkbox"/> furious	<input type="checkbox"/> remorseful
<input type="checkbox"/> afraid	<input type="checkbox"/> grieved	<input type="checkbox"/> ridiculed
<input type="checkbox"/> agony, in	<input type="checkbox"/> grief-stricken	<input type="checkbox"/> repulsed
<input type="checkbox"/> alarmed	<input type="checkbox"/> guilty	<input type="checkbox"/> repulsive
<input type="checkbox"/> alienated	<input type="checkbox"/> humiliated	<input type="checkbox"/> resentful
<input type="checkbox"/> angry	<input type="checkbox"/> heartbroken	<input type="checkbox"/> sad
<input type="checkbox"/> anxious	<input type="checkbox"/> hopeless	<input type="checkbox"/> shameful
<input type="checkbox"/> appalled	<input type="checkbox"/> horrified	<input type="checkbox"/> shocked
<input type="checkbox"/> apathetic	<input type="checkbox"/> hurt	<input type="checkbox"/> sorry
<input type="checkbox"/> apprehensive	<input type="checkbox"/> hysterical	<input type="checkbox"/> sorry for self
<input type="checkbox"/> awkward	<input type="checkbox"/> immobilized	<input type="checkbox"/> sorrowful
<input type="checkbox"/> bewildered	<input type="checkbox"/> inadequate	<input type="checkbox"/> spiteful
<input type="checkbox"/> burdened	<input type="checkbox"/> incompetent	<input type="checkbox"/> stupid
<input type="checkbox"/> cheated	<input type="checkbox"/> indignant	<input type="checkbox"/> terrified
<input type="checkbox"/> confused	<input type="checkbox"/> inferior	<input type="checkbox"/> threatened
<input type="checkbox"/> cowardly	<input type="checkbox"/> insane	<input type="checkbox"/> torn up
<input type="checkbox"/> crushed	<input type="checkbox"/> insecure	<input type="checkbox"/> troubled
<input type="checkbox"/> cut off	<input type="checkbox"/> irritated	<input type="checkbox"/> unappreciated
<input type="checkbox"/> defeated	<input type="checkbox"/> jittery	<input type="checkbox"/> uncertain of others
<input type="checkbox"/> dejected	<input type="checkbox"/> lonely	<input type="checkbox"/> uncertain of self
<input type="checkbox"/> depressed	<input type="checkbox"/> mad	<input type="checkbox"/> uptight
<input type="checkbox"/> deprived	<input type="checkbox"/> manipulated	<input type="checkbox"/> used
<input type="checkbox"/> deserving punishment	<input type="checkbox"/> misunderstood	<input type="checkbox"/> unsettled
<input type="checkbox"/> desperate	<input type="checkbox"/> nervous	<input type="checkbox"/> victimized
<input type="checkbox"/> despondent	<input type="checkbox"/> offended	<input type="checkbox"/> weary of living
<input type="checkbox"/> devastated	<input type="checkbox"/> oppressed	<input type="checkbox"/> weepy
<input type="checkbox"/> disappointed in others	<input type="checkbox"/> out of control	<input type="checkbox"/> wishy-washy
<input type="checkbox"/> disappointed in self	<input type="checkbox"/> overlooked	<i>(add your own feelings)</i>
<input type="checkbox"/> disgusted	<input type="checkbox"/> overwhelmed	_____
<input type="checkbox"/> disheartened	<input type="checkbox"/> panic-stricken	_____
<input type="checkbox"/> disillusioned	<input type="checkbox"/> paralyzed	_____
<input type="checkbox"/> dissatisfied	<input type="checkbox"/> pathetic	_____
<input type="checkbox"/> dominated	<input type="checkbox"/> persecuted	_____
<input type="checkbox"/> downhearted	<input type="checkbox"/> pessimistic	_____
<input type="checkbox"/> embarrassed	<input type="checkbox"/> perplexed	_____
<input type="checkbox"/> envious	<input type="checkbox"/> pressured	_____
<input type="checkbox"/> exasperated	<input type="checkbox"/> provoked	_____
<input type="checkbox"/> frantic	<input type="checkbox"/> regretful	_____
<input type="checkbox"/> frustrated	<input type="checkbox"/> rejected	_____

Use this list when you are having a bad day but when you are feeling down.

Then ask yourself what thoughts make you feel like this.

Correct the offending thought with God's truth.