



Self-Coaching = Self-Feedback



HAPPY Pleased Glad Content Fulfilled Jubilant Thrilled	CARING Warm Soft Touched Compassionate Caring Intrusive	EXCITED Interested Engaged Eager Enthusiastic Eager Ecstatic
SAD Disappointed Down Dejected Heartless Miserable Grieving	SCARED Tense Nervous Anxious Frightened Panicked Terrified	ANGRY Irritated Bitter Bitterful Upset Mad Furious Outrageous
EMBARRASSED Humiliated Embarrassed Awkward Awful Humiliated Disgraced	INDIFFERENT Indifferent Lacking Bored Disinterested Detached Uninvolved	



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