

## **Mood Journaling Prompts**

1. What's the name of the emotion? *(If you can't identify it yet, that's okay, just skip and come back to it later.)*

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2. Describe the events that caused this emotion?

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3. How did I respond to this emotion? What were my behaviors and actions?

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4. Is this emotion appropriate to the situation?

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5. Was my response appropriate to the situation?

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6. Is there a problem that needs solving that is within my control?

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7. What is that first step?

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8. If this situation is outside of my control, what is something I can control?

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### **MORE MOOD JOURNALING QUESTIONS**

1. Which emotion(s) am I trying to avoid right now?

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2. Why am I trying to hide from this emotion?

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3. What does this emotion need from me?

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4. What is preventing me from addressing this feeling?

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# Emotions

## A

Angry  
Annoyed  
Afraid  
Alone  
Awkward  
Affectionate  
Anxious  
Alarmed  
Awed  
Aggravated  
Amazed  
Ashamed  
Astonished  
Amused  
Apprehensive  
Absorbed  
Ambivalent  
Ashamed  
Able  
Aloof  
Admired  
Admirable  
Affable  
Aggressive  
Abandoned

## B

Brave  
Bothered  
Bewildered  
Bitter  
Bashful  
Blissful  
Buoyant  
Bereaved  
Bold

## C

Cheerful  
Cooperative  
Confident  
Calm  
Cold  
Curious  
Content  
Considerate  
Cautious  
Cranky  
Crestfallen  
Contrite  
Chagrined  
Carefree  
Composed  
Capable  
Caring  
Careful  
Contemptuous  
Cross  
Concerned

Complacent  
Charitable  
Crushed  
Cantankerous  
Compulsive

## D

Defiant  
Depressed  
Discouraged  
Disgusted  
Determined  
Disappointed  
Detached  
Daring  
Disillusioned  
Devious  
Dismayed  
Disenchanted  
Doleful  
Disinterested  
Dismissive  
Dejected  
Disengaged  
Distance

## E

Elated  
Enthusiastic  
Embarrassed  
Edgy  
Excited  
Envious  
Exhausted  
Eager  
Exuberant  
Enraged  
Euphoric  
Extravagant  
Eager  
Emboldened

## F

Funny  
Frightened  
Fearful  
Furious  
Fair  
Foolish  
Frustrated  
Forgiving  
Flustered  
Fulfilled  
Fatigued

## G

Grouchy  
Guilty  
Grieved

Generous  
Greedy  
Grateful  
Grumpy  
Guarded  
Glad  
Gloomy  
Glum  
Gracious  
Grateful

## H

Happy  
Humiliated  
Hurt  
Helpless  
Hopeless  
Horried  
Hesitant  
Humbled  
Heartbroken  
Hysterical  
Hyperactive  
Hopeful  
Hostile

## I

Irritated  
Irritable  
Irrational  
Interested  
Insecure  
Impatient  
Inspired  
Inspiring  
Inadequate  
Irrational  
Ignorant  
Indifferent  
Impertinent  
Inquisitive  
Isolate

## J

Jealous  
Joyful  
Joyous  
Judgmental  
Judged  
Jaded  
Jocular  
Jittery

## K

Kind

## L

Loving  
Lonely  
Lackluster  
Leery  
Lethargic  
Loathing  
Listless  
Lazy

## M

Mad  
Meek  
Mean  
Miserable  
Marvelous  
Manipulated  
Manipulative  
Misunderstood  
Mischievous  
Mopey  
Melodramatic  
Moody  
Melancholy  
Mirthful  
Moved  
Morose  
Manic

## N

Nice  
Naughty  
Nasty  
Nervous  
Neglected  
Neglectful  
Needy  
Needed  
Naive  
Nonchalant  
Nonplussed  
Numb

## O

Overpowered  
Overjoyed  
Obedient

Obsessed  
Offended  
Outraged  
Overloaded  
Overstimulated  
Obstinate  
obligated  
Optimistic  
Open  
Open-minded

## P

Panicked  
Peaceful  
Placid  
Playful  
Pensive  
Puzzled  
Powerful  
Powerless  
Pleased  
Petty  
Petulant  
Preoccupied  
Proud  
Prideful  
Petrified  
Pressured  
Perturbed  
Peeved  
Passive

## Q

Quirky  
Quarrelsome  
Qualified  
Quiet

## R

Relieved  
Relaxed  
Resentful  
Rattled  
Refreshed  
Repulsed  
Rational  
Reasonable  
Reasoned  
Rebellious  
Reluctant  
Reassured

Remorseful  
Reserved  
Rejuvenated  
Restless  
Rattled

## S

Sad  
Surprised  
Silly  
Scared  
Sorrowful  
Serious  
Shy  
Satisfied  
Safe  
Stressed  
Stubborn  
Sarcastic  
Spiteful  
Scornful  
Secure  
Serene  
Smug  
Sociable  
Sympathetic  
Startled  
Satisfied  
Sanguine  
Skeptical  
Sincere

## T

Thankful  
Thoughtful  
Tolerant  
Tolerated  
Trusted  
Trusting  
Trustworthy  
Temperamental  
Terrified  
Timid  
Tired  
Tiresome  
Troubled  
Tickled  
Torn  
Touched  
Threatened  
Tender  
Tranquil

## U

Uneasy  
Uncertain  
Uncomfortable  
Unruffled  
Useless  
Useful

Unimpressed  
Unappreciated  
Undecided  
Unruly  
Uptight  
Unnerved  
Unhappy  
Unsteady  
Uplifted  
Unsure

## V

Vivacious  
Vain  
Vibrant  
Violent  
Valued  
Valuable  
Vital  
Vexed  
Volatile  
Vulnerable  
Victorious  
Victimized  
Vacant

## W

Worried  
Wary  
Weak  
Weary  
Wistful  
Wishful  
Willing  
Willful  
Weepy  
Whiny  
Worn  
Whimsical  
Warm  
Withdrawn  
Worthless  
Wronged  
Wasted

## Y

Youthful  
Yielding  
Yearning

## Z

Zany  
Zealous