Sometimes it's hard to say how you feel. Maybe you can't think of the word to describe what's going on or maybe you just don't feel well enough or in the mood to talk about it. Use this puzzle to help let others know what you are going through, inside and out.

**Find Your Feelings-Sr**

**Answer Key #1**

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ALIVE  ANXIOUS  APPRECIATED  AWKWARD  BOLD  BRAVE  CHALLENGED  CHERISHED  CONFIDENT  CONFUSED  CREATIVE  DEPRESSED  DETERMINED  DISCOURAGED  EAGER  EMBARRASSED  EMPOWERED  ENERGY  ENERGETIC  ENTHUSIASTIC  EXCITED  GOOFY  HAPPY  HURT  INSECURE  INSPIRED  INTERESTED  INTRIGUED  ITCHY  JOYFUL  LONELY  LOVED  MAD  MOTIVATED  NEURO  NERVOUS  OFFENDED  OPTIMISTIC  POSITIVE  PROUD  RELAXED  TIRED  RESSENTFUL  SCARED  SICK  SENSITIVE  SLUGGISH  SMART  SORE  SPIRITED  STRONG  TIRED  UNCOMFORTABLE  UNDERSTANDING  VULNERABLE  WELCOME
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