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

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

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