

Feelings Indicator

Use this tool to help you identify your feelings. Any time that you find yourself living in darkness, know that God has a plan for you in the light.

For instance, if the enemy has you feeling mad, hurt, or disappointed, know that God desires for you to feel powerful, healed, and encouraged!

FEELINGS IN THE DARK...

Mad

Hurt
Angry
Hateful
Critical
Provoked
Irritated
Resentful
Hostile

Disappointed
Frustrated
Furious
Skeptical
Threatened
Disgusted
Jealous
Selfish

FEELINGS IN THE LIGHT...

Powerful

Encouraged
Satisfied
Cheerful
Confident
Protected
Valuable
Trusting
Giving

Healed
Pleased
Optimistic
Hopeful
Respected
Appreciated
Proud
Faithful

FEELINGS IN THE DARK...

Sad

Guilty	Remorseful
Ashamed	Stupid
Depressed	Miserable
Lonely	Isolated
Bored	Indifferent
Sleepy	Apathetic
Abandoned	Vulnerable
Empty	Powerless

Scared

Rejected	Alone
Confused	Lost
Helpless	Weak
Insecure	Apprehensive
Anxious	Restless
Insignificant	Discouraged
Overwhelmed	Paralyzed
Embarrassed	Humiliated

FEELINGS IN THE LIGHT...

Joyful

Playful	Innocent
Aware	Courageous
Delighted	Optimistic
Included	Loved
Fascinated	Excited
Inspired	Energized
Safe	Cherished
Accomplished	Fulfilled

Peaceful

Nurtured	Accepted
Assured	Composed
Steady	Capable
Comfortable	Content
Relaxed	Calm
Thankful	Thoughtful
Secure	Encouraged
Graceful	Settled