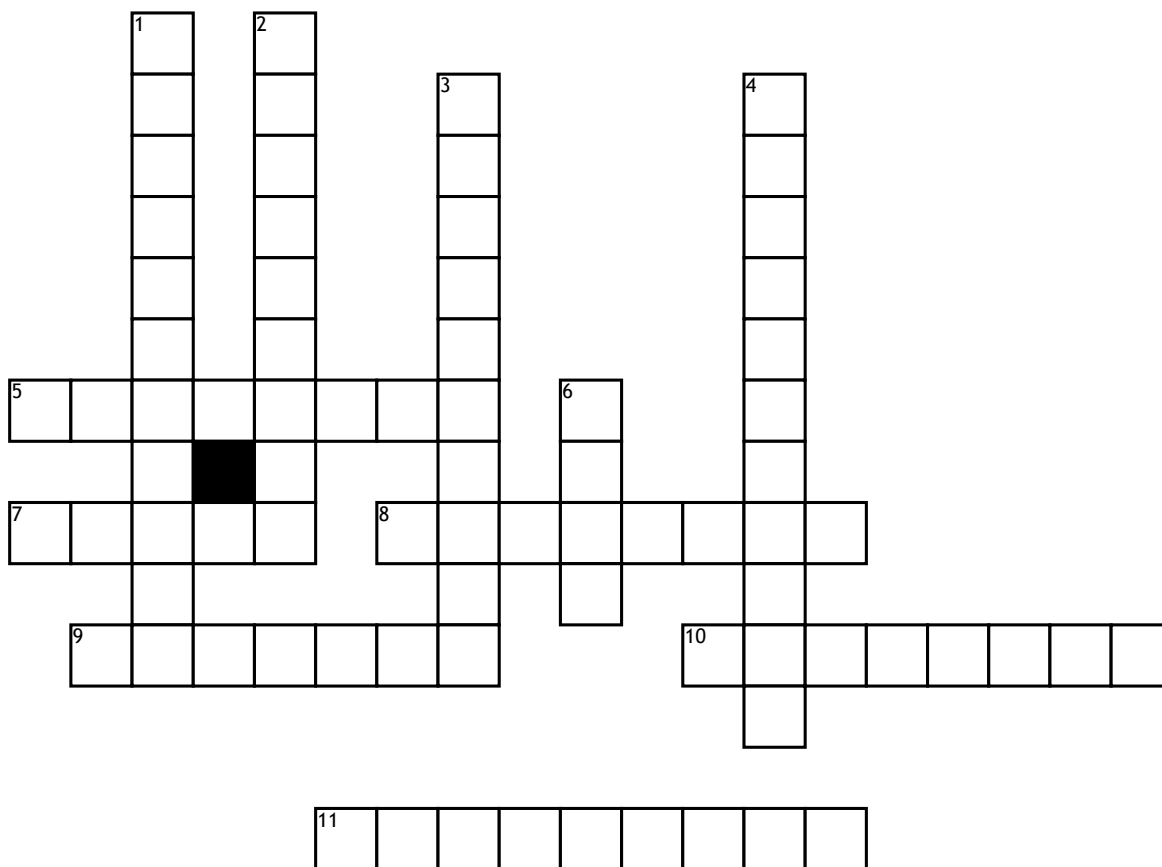


# Feelings Identification Crossword Puzzles



## Across

5. Knowing that you have a lot to be glad about and being content about what you have.
7. This feeling comes from the feeling of having done something wrong and not clearing your conscience and causes you to feel the weight of responsibility.
8. A desire to have a certain quality or possession that someone else has while being discontent with yourself and what you have
9. You are feeling this when intense worry of uncertain events and outcomes speed up your heart rate and breathing and controls much of your thoughts.
10. When you feel an unburdening of some metaphorical weight that has been weighing on you you feel \_\_\_\_\_.

11. This feeling of intense fear can cause someone to shut down or lose control of themselves because of the fear

## Down

1. Being upset or annoyed with something that either did or did not happen that you cannot change
2. Being sure of who you are and what you are capable of
3. A state of undisturbed and constant happiness that is controlled by you and not by your circumstances
4. When one feels awkward or self-conscious after doing something that could be seen as abnormal or a mistake.
6. A state of being relaxed and at peace even during difficult life circumstances. Also, it can be shown through the absence of strong emotions.